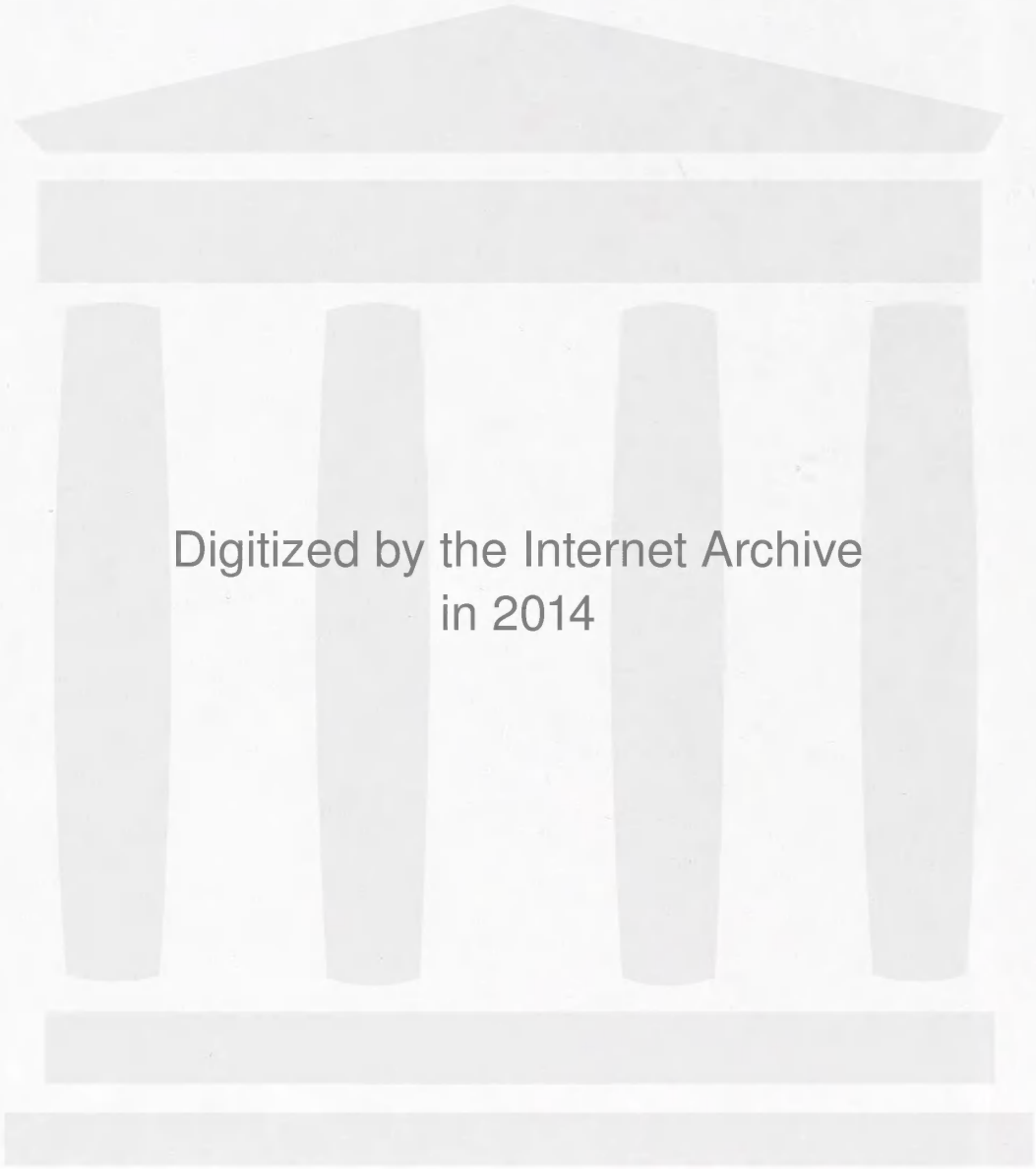


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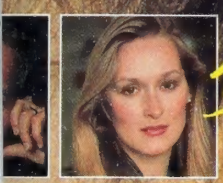
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A mother's lament

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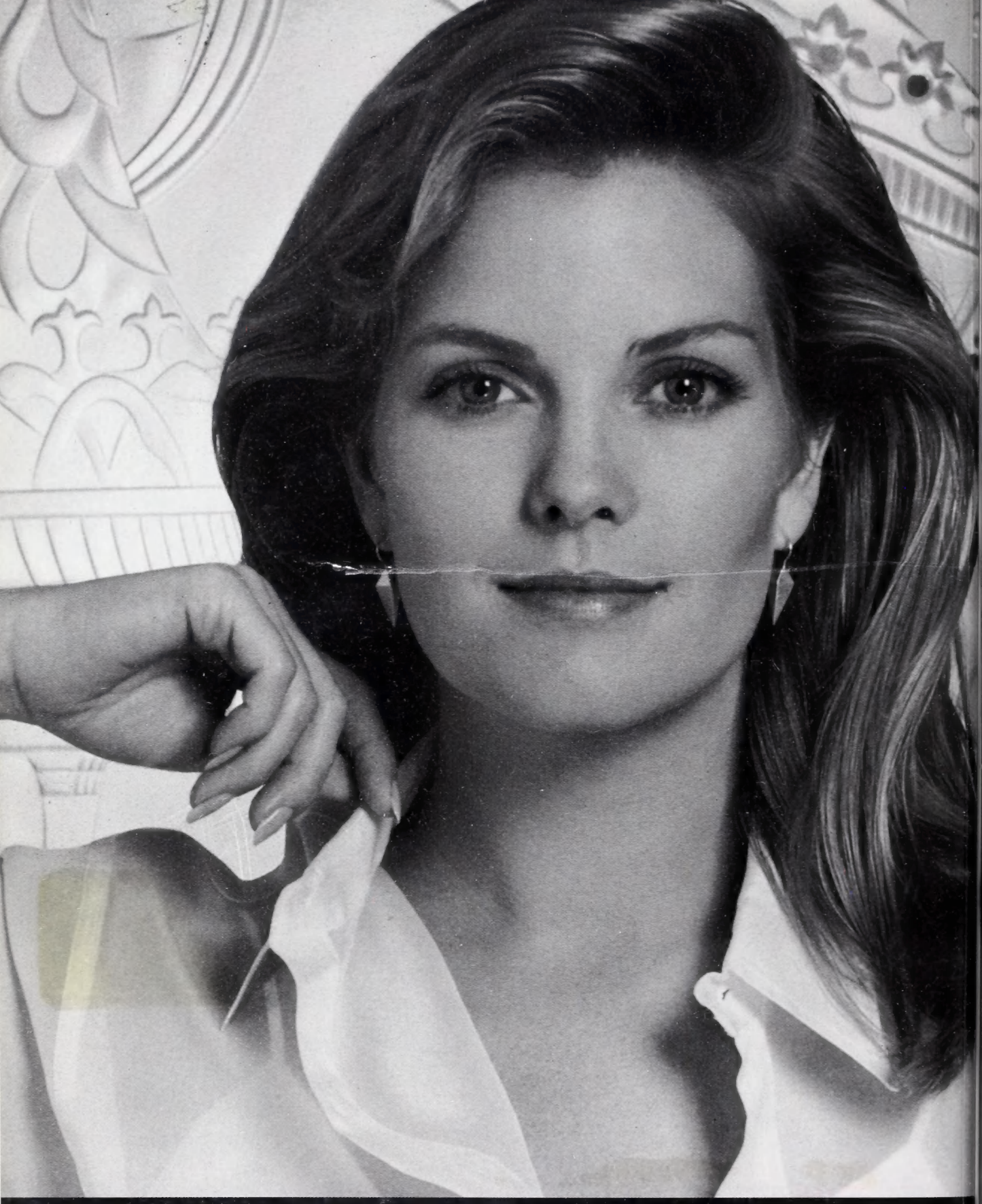
She talks about her lovelife, career, kids, and being fortysomething

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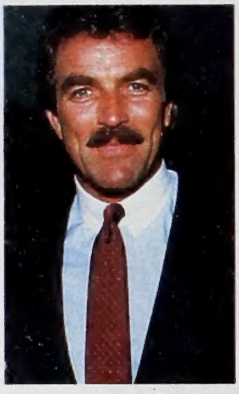
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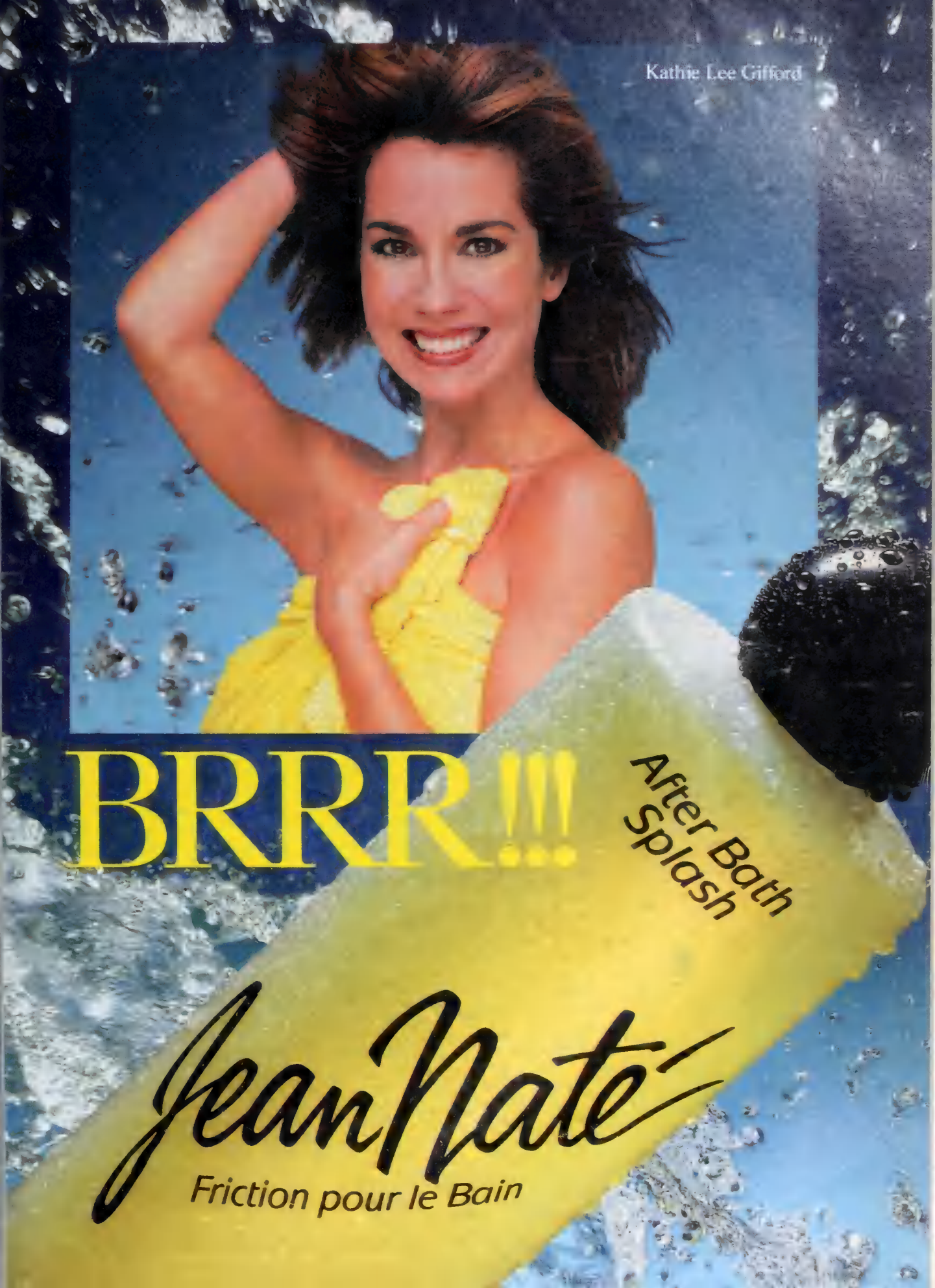
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Friction pour le Bain

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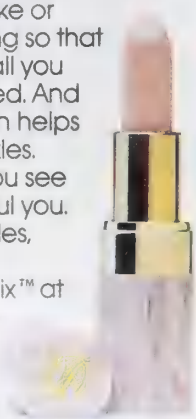


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Photos, from top: Nesti Mendoza, J. Barry O'Rourke.

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EDITOR'S JOURNAL

By Myrna Blyth



I HAVE SO MANY HAPPY MEMORIES OF FOURTH OF July weekends, don't you? This best-of-summer holiday always seems filled with sunlit skies, blooming flowers and children playing happily out of doors. I remember those weekends when my sons were very young, splashing with them for hours in a natural wading pond. I remember them at dusk, after suppers of hamburgers with all the fixings, chasing fireflies.

Happy Birthday, America





A July Fourth resolution: Decide what you can do for your country and do it

I believe, on this most American of holidays, we should, with our families, take a little time between the swimming and the sunning to think about this glorious country of ours. Most of us who live in America consider ourselves very fortunate. But we are also aware that there are many serious problems that our country must tackle. President Kennedy in his Inaugural Address said: "Ask not what your country can do for you; ask what you can do for your country." Perhaps—just as we make New Year's resolutions—we should all make a Fourth of July resolution to become involved in a national issue that concerns us, whether it is the environment, the plight of the homeless or the deterioration of our educational system. If we all resolved to become involved in an issue we cared about, and followed through on our resolution, wouldn't that be even more patriotic and impressive than the grandest fireworks display?

Now for some holiday relaxation. What have we included in this firecracker of an issue? A new column called Family Portrait, which spotlights interesting families and how they live today. Our first portrait is of the President's daughter, Dorothy Bush LeBlond, and her husband, son and daughter. Also noteworthy is Alexandra Penney's new best-seller, *How to Keep Your Man Monogamous.* Alexandra says, "I know what I have to say in this book is controversial, but I also know it works! After months of interviewing men who were very honest with me, I have learned how to keep any husband from straying." Families, controversy, great summer meals, headline-making stories—a very American mix for this red-hot July issue.

READER CALL-IN DAY

This month it's Wednesday, July 5. Especially for working women, we've changed the hours: 4:00 P.M. to 8:00 P.M. Eastern time. Remember, the call's on you. At the phones: Assistant Beauty and Fashion Editor Susan Parkes, 212-351-3682; Food Editor Jan Hazard, 212-351-3681; Associate Decorating Editor Karen Reisler, 212-351-3683; and Managing Editor Mary Mohler, 212-351-3684, who will answer queries about kids and the magazine in general.

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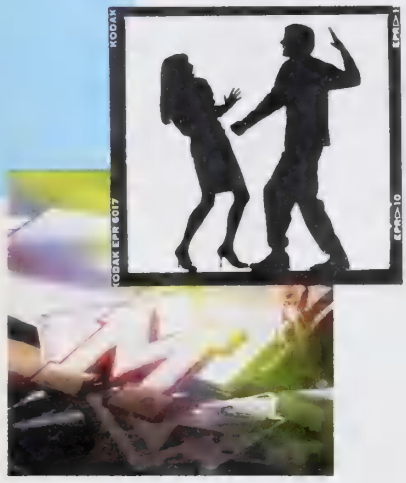
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"How can I live with a man who hit me?"



When David's verbal taunts turned into physical threats, Maria knew they needed help. By Ellen Switzer

Introduced thirty-six years ago, "Can this marriage be saved?" is the most popular, most enduring women's magazine feature in the world. This month's case is based on interviews with clients and information from the files of William F. Mecca, M.S.W., executive director of Family Counseling of Greater New Haven, Connecticut. The story reported here is true, although names and other details have been changed to conceal identities.

Maria's turn

"YOU COULD SAY THAT I'M A second-generation counselee," stated Maria, a tall, beautiful twenty-three-year-old who, in spite of a baggy sweater and oversize jeans, looked like a young Natalie Wood. "My husband's parents came here for counseling when their marriage was in trouble three years ago. Since they never discussed their problems, we didn't even know there was anything wrong. But when David told his dad I was thinking of leaving him after three years, he suggested we come to see you about this mess.

"What else could I do? In a fit of anger, David hit me. Though I love him very much, and I've taken plenty of verbal abuse since we've been together, I just won't tolerate physical violence. I think the fact that David realized his parents had asked for help when they needed it made it possible for him to call. He's always kept his problems locked inside.

"I know I have plenty of problems of my own, too. I guess I just don't like myself very much. People at work tell me I'm pretty and competent, but when I look at myself in the mirror, I see the original ugly duckling. My mother always reinforced that feeling.

"I grew up fast. For several years I was the tallest and thinnest person in class, and at dances, nobody ever asked me to be his partner. By the time I was in high school, though, I had stopped growing and started to fill out. When I saw all those bumps and curves, I decided I was getting fat, and I've hated my body ever since.

"In my sophomore year, I developed this huge crush on David. He had graduated two years earlier and was already working as an engineering assistant at the phone company. In our small town, David was always the star. In high school, he had been captain of the football and baseball teams, and with his great sense of humor, he

(continued on page 14)

Silhouettes, Tom Arma; photo, H. Armstrong Roberts.

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CAN THIS MARRIAGE

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always drew a crowd. He hung around school, though he didn't seem interested in dating anyone there, so I assumed he was seeing older women.

"When he asked me out, I was thrilled but astounded. I had never even been on a date. Boys did ask me out, but I, well, I turned them down. Mother had always told me they either felt sorry for me or they wanted easy sex. Of course, I wasn't going to let David know that. So I made up all kinds of stories about the terrific men in my life. Boy, did he become jealous if I looked at another guy.

"I can't explain his jealousy, though, because I don't think David ever thought I was much to look at. He kidded me about my nose and legs, which he said were as bowlegged as a circus clown's.

"After I graduated from high school, I considered college for a while, but David kept telling me I'd probably flunk out. He had dropped out himself and said he was making more money anyway than all those college graduates. So I found a job at a clothing store in the mall near my home.

"By this time, I knew I really loved David, though I still hadn't told him in so many words. David was still dating around, which upset me a lot, but what could I do? One day, he broke a date, supposedly to go to a football game with some friends. But on my way home from the grocery store, I saw him on the porch of a girl who had been queen at my senior prom. I had my own fit of jealousy right there. I actually got out of my car, ran up to the house and screamed at David.

"I was convinced he'd never want to see me again, but that very night he asked me to marry him. Much later, by the way, he told me that the ex-beauty queen was the fiancée of one of his friends; he'd just stopped off at her house with several former teammates for a beer. At the time, he'd wanted me to believe that he'd been seeing her.

"Anyway, our honeymoon was not exactly terrific. I was a virgin—which shocked David. I thought sex was going to be so romantic, but he really hurt me. And to be honest, sex has never been right for us.

"When I think about it, nothing in our marriage has really worked out. Far from being the life of the party, David prefers to stay home and watch TV. He doesn't want to go out—he'll say he's too tired, but I think he just doesn't want to be seen with me.

"On top of that, David tells me he doesn't want children. When I brought it up before we were married, he'd change the subject, but he never said he didn't want any! Now he claims I'm much too immature to be a parent.

"That's another thing that makes me crazy. Not a day goes by that David doesn't hurl some sort of insult at me. Either I'm immature or I'm fat or I'm not very smart. When I was promoted a few months ago, he never even congratulated me.

"I can't talk to David. Not only haven't we had sex, we haven't had a decent conversation in ages. When he hit me, I was shocked. But I knew that was it. Though I love David, maybe I'm better off without him."

David's turn

"Most of the time I feel like a person nobody knows," said David, a tall, athletic twenty-seven-year-old with a shaky smile and gloomy manner.

"As Maria said, I came here because my father suggested it. But maybe I should have come a long time ago. I've always been moody, though no one ever knew. As far back as grade school, I remember feeling insecure. I covered it up by becoming the class clown. Then in high school I became good at sports. So everybody thought I



was this funny, macho guy, when underneath I was miserable.

"I guess my mother was right. She always said I would never amount to very much. Back in high school, when I was a real star, Mom would point out how I was just a big fish in a small pond. Well, as she predicted, no sports scout ever noticed me.

"I didn't do very well in college either. My grades were less than spectacular, so I dropped out. Then my best friend committed suicide. He was the one person I had been able to confide in—we were teammates in high school, and he had even gotten a scholarship to college. It really hit me hard that someone who was clearly a much more worthwhile person could decide to end it all.

"The only thing that kept me going was Maria. She was one of the most beautiful girls I'd ever seen . . . even in those impossible clothes she insisted on wearing. When I asked her out, she said yes. I was so surprised.

"I really wanted to impress her, to show her a good time. In fact, I spent much more money on her than I could afford because I knew she was dating a lot of guys who were a lot richer and more handsome than me.

"I was really surprised on our honeymoon to find out she was a virgin. It was my first time, too, but, of course, I wasn't going to let her know that. That first time, though, was a disaster for both of us. I thought things would work themselves out, but even after three years, sex is terrible.

"You know, when I sit here and talk about my life, I realize it's a mess in every area. Work is not going well either. I've been in the same job at the phone company for four years now, getting regular raises but no promotions. They obviously want the college grads for the better jobs. Sometimes I think about going to night school to get my degree, but that would mean having to admit to Maria that dropping out was a mistake.

"The fact that I can't seem to get along with some of the other guys at work probably doesn't help my career either. I don't know what it is exactly, but there's this one guy who always seems to have something nasty to say. Several times we've actually gotten into fistfights.

"Maria, on the other hand, can't stop getting promotions. I didn't want her to get the idea that she was better than I was, so I jokingly put her down. For the same reason, I guess, I make fun of her looks. Maria doesn't see how gorgeous she is, and frankly I can get very jealous. If she ever realized what a terrific person she is, she'd go out and find someone who made more money and was good in bed. That day she thought I was dating my friend's fiancée was one of the happiest of my life. I tell her she's bowlegged just to keep her in her place. As long as she believes me, as long as she thinks I'm some kind of ladies' man, she'll continue to wear sloppy pants and no guy will look at her.

"You know, I may not show it, but I worry a lot, mostly about making a mistake, which will show everybody how weak I really am. These days I don't even want to go out of the house after work. I'd much prefer to watch TV. I wish Maria would stay home, too, but she always wants to go out. If I meet any of her friends, they'll probably tell her she can do a whole lot better than me.

"I guess I've done a pretty lousy job of managing my life. Which is why I don't want to have a baby. I told Maria I don't think she's mature enough to be a mother, but the truth is, I think I'd make a terrible father.

"Look, I don't know why I hit Maria. I had spent the evening at home feeling sorry for myself . . . she came back from an aerobics class and was complaining about something, I can't remember what. The next *(continued)*

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CAN THIS MARRIAGE

continued

thing I knew, I slapped her.

"Then I had this memory flash. I remembered when I was a kid and my father had come home drunk and had beaten up Mom. He later joined Alcoholics Anonymous and has been sober ever since, so I talked to him. He told me that even after he stopped drinking, he went for marriage counseling.

"I'm here as a last resort. I love Maria, but I don't know how she feels about me. I don't ask her; I'm afraid of what I'll find out. Besides, men aren't supposed to ask their wives whether they love them. I'm convinced I'd make a terrible father, but maybe I can be a passable husband."

The counselor's turn

"Since Maria and David are actually very similar kinds of people with almost identical problems, you'd expect them to be supportive of each other," said the counselor. "However, just the opposite was true here.

"David and Maria were both insecure and lacking self-esteem, and each expected a sense of worth and confidence to come from the other. Unfortunately, they didn't trust each other enough to be open and honest.

"Maria pretended to be a much-sought-after young woman, when actually she felt like the only girl at the dance without a partner. David pretended to be a macho, sexy man when he felt like a wimp. Both, of course, were wrong about themselves, but as children, they had been told that they didn't have much to offer. Clearly, their parents expected more of them and let them know at every turn how disappointed they were.

"Maria, however, had found some measure of self-confidence in her work. On the job, people considered her attractive and competent. Though she still was unable to reveal her true self to her husband, she had acquired enough inner strength to put limits on his behavior. When he hit her, she showed him she would rather leave than take this kind of indignity.

"The first time I saw this couple I asked why they wanted to maintain a marriage that seemed to have so little going for it. They indicated that they loved and needed each other; at that point, I saw each separately for several sessions because I sensed that neither was ready to open up to the other.

"Because each was afraid of losing the other, David and Maria had never had honest discussions. Their relationship was based largely on assumptions and expectations: Maria had not told David how eager she was to have a family, and it never occurred to her that a man would not want children . . . David had not told Maria how terrified he was of being a father. Maria wanted to enjoy some of the social life she had missed as a teenager and assumed that her very sociable husband would, too. But all David wanted to do was stay home and avoid making any more 'mistakes,' as he put it. And they had never told each other how much they loved each other.

"My first step was to help this couple cut through all the false impressions they had created and get them to talk honestly about how they saw themselves and their relationship. Often, a good shortcut is to ask both partners to make lists of the things that bother them the most; we then discuss these areas separately. Then, in a joint session, I ask them to exchange lists. This simple exercise helped to break down the barrier to communication that they had erected. What's more, within the security of our counseling sessions, they were able to face each other without fear of betrayal.

"For instance, once Maria discovered that David really did consider her desirable, her confidence level zoomed. She began to dress more attractively, which made her feel even better about herself. What's more, now that she understood that David belittled her because he was terrified of losing her, she was able to reassure David how much she loved him and also to tell him how proud she was of him. This helped to build David's confidence. He agreed to accompany his wife to an occasional party and saw how well others responded to him.

"Sex was another area in which reality was clouded by great expectations. An avid reader of romance novels, Maria assumed that fireworks would go off at every sexual encounter. David, also inexperienced, assumed that a man would naturally know how to please his wife. Once I reassured him that sexual intimacy requires practice, they felt better. As the tension between them eased, they were both more loving.

"After a year and a half in counseling, Maria and David are now much better friends and lovers than they have ever been. They try to be honest with each other, but if one slips up, they ask questions. They are no longer afraid to talk out differences, because they are sure they love each other and neither will leave at the first sign of a serious disagreement. David will begin night school soon and hopes to earn his undergraduate degree. He also feels enough confidence in himself to think about starting a family." ■


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What every mother fears

On a warm summer day I was mowing the lawn. Suddenly the unthinkable happened—my daughter was under the wheels

By Betsy Phelps

As I turned the riding mower for another sweep across the backyard, I looked up to see my seventeen-month-old daughter, Beth Marie, toddling toward me. Just a few seconds earlier she'd been playing by the side of the house with Ben, our dog, while my husband, Lane, ran the push mower in the front yard.

"No, Beth, go back!" I yelled over the noise from the engine, waving my arm. But she grinned and kept waddling toward me, her fine blond hair damp from the July heat. "Go back!" I shouted to her again. "Go play with Ben!"

Still, she kept coming, so I pushed in the clutch to disengage the mower's gears. Usually this would bring the machine to a halt. This time, it didn't. The mower kept creeping forward, and again I screamed at Beth to move out of the way. She came to a wobbly halt right in front of me, but before I could swerve, she fell. Frantically, I stomped on the brake, but to my horror the machine kept going and began to roll over my daughter.

I panicked. As I jumped off the lawn mower, I couldn't think clearly—I knew only that I had to get the machine off Beth. Somehow I lifted one side of the two-hundred-fifty-pound mower in the air, all the while screaming for Lane to come and help me.

After what seemed like an eternity, Lane ran around the side of the house. I'll never forget the look on his face when he realized what had happened. He raced to me and flipped the mower over. I looked down at my little girl, afraid of what I'd see.

Beth lay there on the grass, bleeding from her mouth. Her small body shook with silent sobs. Suddenly she cried out, and we rushed to pick her up .

"Let's go!" Lane yelled. "We've got to get her to a hospital!"

I scooped Beth up, and we ran to our pickup truck. As I carried her, I saw that her lip was dangling from one corner. Then, as Lane opened the door of the truck, I looked down and suddenly realized that most of her left foot was gone.

My stomach lurched. "Lane," I cried, "her foot! You have to go back and find her foot!"

Lane's face, already ashen, turned grayer still. "Oh, God, no!" he said. "We've got to get an ambulance here right away."

We ran back to the house and filled the sink with ice. I held Beth's lower leg in it while Lane called the hospital. Only then did I see that the skin and flesh had also been partially torn from her left thigh to her *(continued)*



Two-year-old Beth Phelps is now happy and active again. "We were given a second chance," says her mother

Tom Ebenhoh/Black Star

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A WOMAN TODAY
continued

knee. I laid it back in place as best I could and put ice on it.

"Mommy, ow, ow!" Beth cried.

"It'll be all right, honey, Mommy's going to help you," I said, trying not to break down myself.

Lane ran back outside to look for Beth's foot. I prayed he would find it. Finally, he returned with her foot. As we packed it in ice, I tried not to get hysterical. I knew I had to stay in control for Beth's sake.

A few minutes later, an ambulance pulled in the driveway, but the paramedics who rushed into the house told us that a helicopter was coming for Beth. There was a lot of Friday night traffic between our home in Pleasant Hope, Missouri, and the hospital, and they said it was imperative to get her there as quickly as possible. While we waited, the paramedics started tending to Beth's wounds.

It seemed like hours, but within ten minutes, the helicopter landed in the field in back of our house. Beth was lifted on board, but there was no room for me and Lane. It broke my heart, but I had to send my baby off alone.

Lane and I jumped in the pickup truck and raced to the hospital. By the time we arrived, the doctors had already started working on Beth. For two hours Lane and I paced up and down, wondering what was happening and dwelling on what *had* happened.

It's all my fault, I shouldn't have been mowing the lawn, I should've been watching Beth, I kept thinking. I was angry and upset that I had panicked, telling myself that if I had stayed calm I would have known to turn off the lawn mower immediately.

Lane blamed himself, too. Our riding lawn mower was old, and he had been meaning to give it an overhaul. "I should've fixed it sooner," he told me over and over.

I squeezed his hand. "It was an accident, Lane," I told him. "There's no time for blame; Beth needs us now." We clung together, trying to draw strength from each other.

Finally, the doctors let us in to see Beth. She was on an IV, and her lip, foot and knee had been dressed and bandaged. The physicians had also found a small cut in her scalp and discovered that four of her lower teeth had been knocked out.

"Mommy, Mommy," she cried, in a voice that begged me to stop the hurting. I put my arms around her, wishing that I had the power to make the pain go away.

"She's going to make it," one of doctors told us, "but we need to fly to the trauma center at Univer Hospital and Clinics in Colum They're better equipped to handle type of injury, and they have excel plastic surgeons."

Once again I had to let my daug go off without me. Columbia was n than one hundred miles from home, so I knew I wouldn't see again for at least a couple of hours. the first time that night I broke d and cried.

By the time Lane and I got to lumbia it was three A.M., and Beth in surgery. Finally, about an hou ter, three doctors in surgical go came out of the operating room.

"How is she?" I cried.

"Your daughter is okay," one of physicians assured us. "However, liver has been injured and there is ternal bleeding. We'll wait a few da see if it begins to heal on its ov which is likely—before we decide to erate. Her left femur [thighbone] is broken, and there's fluid in her lun

He paused for a moment. weren't able to save her foot. But n now we're more worried about her We've sewn it back on, but the cha of its healing back to normal are s It will probably require further



and even then . . . well, we'll just to wait and see." He gave us an uraging smile. "But she's doing At her age, she should heal quick- ad we have every hope for her."

ittle while later, we were allowed it Beth in the pediatric intensive- unit. I hardly recognized my hter. Her face was puffed up like loon—even her eyes were swollen She was hooked up to a respira- here were IVs in both her arms, he had a catheter. What was left r foot was heavily bandaged, with int and a drainage tube. Seeing ittle girl in this condition made art to cry all over again.

the next week, the doctors kept sedated—the best way, they said, event her from tearing loose any tubes or stitches. Lane and I sat e her for hours, holding her hand rooning softly to her. Occasional- e'd come to for a few minutes and at us with pained eyes. All we do was hug her and tell her we her.

er a week, Lane had to return to b in the maintenance department nith Electronics, where we both ed. I decided to go on voluntary f in order to stay with Beth. Ev- ay I sat by her side for hours.

e doctors operated on Beth two more times, removing skin from her groin area and grafting it onto what was left of her foot. Finally, after the surgical procedures were over, they took her off the monitors and sedatives. For the first time since the accident, I was able to hold her without the tubes and wires getting in the way.

It didn't take long for my plucky little girl to regain her strength; in fact, I could hardly get her to sit still. Beth's condition improved so quickly that after only two and a half weeks, the doctors released her. Beth was clearly delighted to be back in her own house. Even though she was supposed to stay off her foot as much as possible, nothing could hold her back—she was soon clumping from room to room.

We traveled back to Columbia twice during the next month so that the doctors could make sure Beth was healing properly. A few months later she was given a prosthesis attached by a leg brace, but it prevented her from bending her knee. So last January we got her fitted with a prosthesis that didn't need a brace, which she calls "my new foot." Now she can walk—and run—just as well as any other two-year-old.

Thankfully, Beth doesn't seem to have any lingering trauma from the accident. She's as happy and good-natured as ever and has adjusted to her injury remarkably well. Her lip will require more plastic surgery, as it droops a little on one side, but she doesn't pay any special attention to it.

Of course, I don't know how Beth will feel about her injury when she gets older. I just want to teach her that she can do anything she wants to and that her foot won't handicap her.

As for Lane and me, I don't think we'll ever forget what happened. I still have nightmares about it. But we are now extremely careful when it comes to Beth's safety—and our new baby daughter's, too. Although we still have that same lawn mower because we can't afford a new one, we always make sure that it's working properly before we use it. Surprisingly, Beth is not afraid of the machine, but we don't allow her near it. Instead of helping Lane cut the lawn, I stay inside and watch the kids. I know now that it only takes a few seconds for a tragic accident to occur, and I'm determined that nothing like that will ever happen to us again.

Today, as I watch my beautiful little girl play happily with our dog, I realize we've been given a second chance, and I'm truly grateful. ■

For tips on how to avoid injury and have a safe summer, turn the page.

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Backyard safety guide

Like Betsy Phelps, most of us don't think about the accidents that can happen in our backyards. But, in fact, these injuries are all too common, says Stephen P. Teret, director o Injury Prevention Center at Johns Hopkins University, in Baltimore. Each year, hundrec thousands of people are hurt in yard accidents—many of them children. Fortunately, most tragedies can be prevented. To help you spot danger zones, we've compiled this guide. Here, of the most common hazards to watch out for.

Lawn mowers

According to the U.S. Consumer Product Safety Commission, lawn mowers send more than thousand people to the emergency room every year; the majority of the victims are children u the age of fifteen. To prevent mowing injuries: ■ Wear heavy-duty shoes and long pants. ■ the grass during daylight hours and only when it's dry. ■ Before starting, clear the area of st stones and other objects that could be thrown from the mower. They can become deadly missil propelled at speeds of up to two hundred miles an hour. ■ Keep children and pets out of the ■ Never give kids rides on a riding mower. ■ Make sure your mower has safety fea such as a discharge chute guard and a rear skirt to protect against objects shooting out, a reta post to hold the spark-plug wire when the mower is not in use and to prevent accidental start and a bail bar (on the handle) that will stop the engine when released. ■ Keep your mower in repair. Inspect it frequently for damaged or loose parts. ■ Before filling the gas tank, turn of machine, disconnect the spark plug and let the engine cool for ten minutes. ■ Never adjust m height, clean the grass chute or remove the grass-catcher bag while the engine is running. turning it off, wait at least ten seconds for the blades to stop rotating. ■ Never leave a ru lawn mower.

Gardening equipment, tools

Pruning shears and saws cause tens of thousands of injuries each year. Safety measures: ■ all instructions. ■ Pay close attention when using sharp tools: One slip with a saw or pru shears could cause a serious cut—or even cost you a finger. ■ Never leave tools, garde equipment, hoses or ladders lying out where someone might trip over them. Store in a she garage, out of the reach of children.

Pools

Drowning is the third-leading cause of accidental death in the U.S. for people of all ages and second-leading cause of accidental death of children. More than half of home drownings occ swimming pools. To keep your family safe: ■ Never leave children alone in or near a ■ Enroll kids over the age of three in swimming classes. (But remember that this won't make drown-proof.) ■ Completely enclose pools with a fence that is at least five feet high and can climbed. Gates should be locked whenever the pool is not in use; children should not be ab reach the latches. ■ Always keep basic lifesaving equipment—a ten- to twelve-foot lightw pole and a ring buoy with a line attached—in the pool area. Learn lifesaving, first aid and ■ Post phone numbers of the police, hospital and rescue squad near an accessible ph ■ Prohibit diving into aboveground pools. Diving into shallow water can result in paralyzing s injuries. ■ Keep the pool deck clear of objects that can be tripped over. ■ Store pool chemic a dry, secure area out of the reach of children.

Barbecue grills

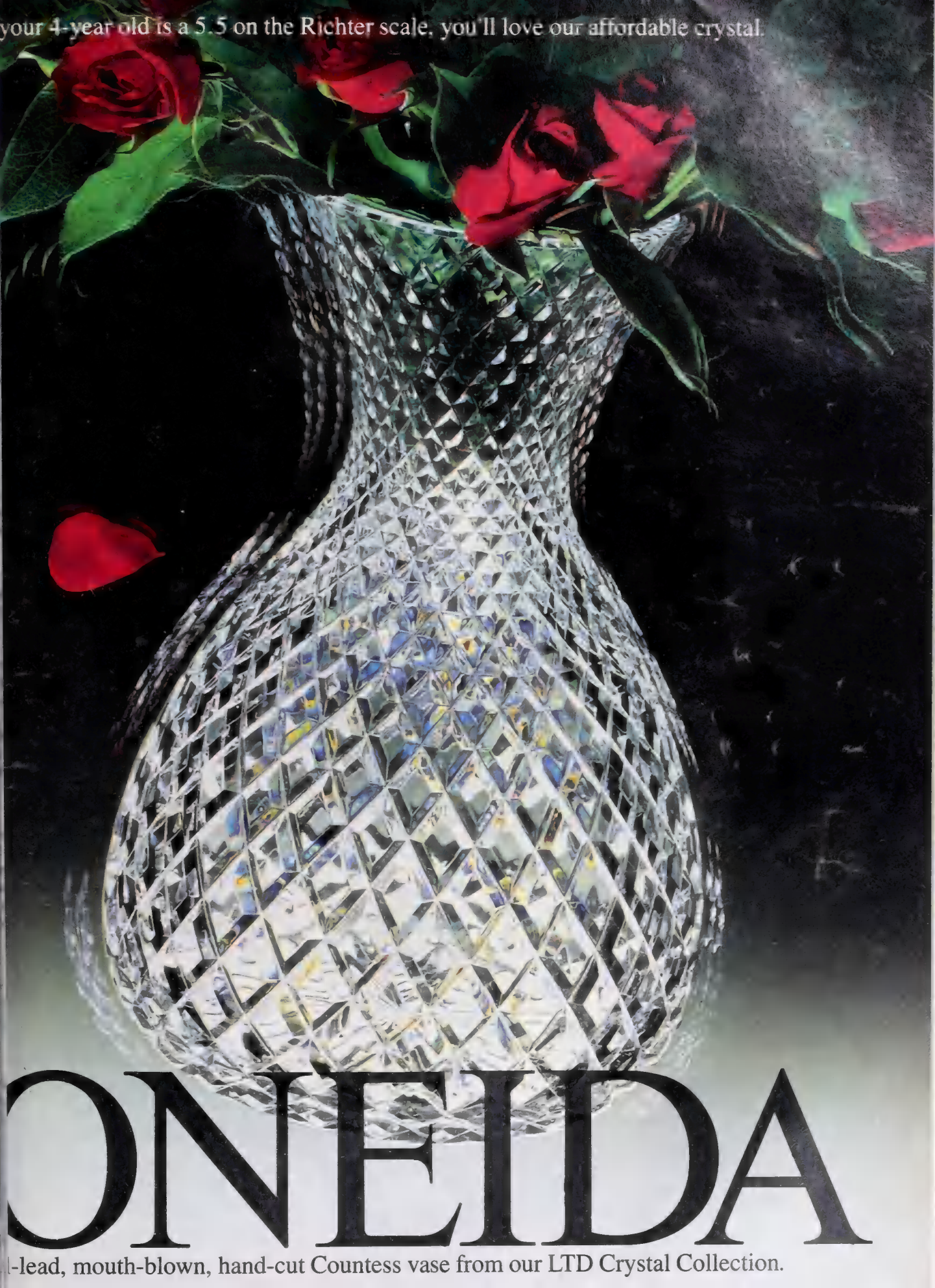
Each year, thousands of people are injured while barbecuing. To avoid getting hurt: ■ Place grill on a level surface away from anything combustible. Keep children out of the area. ■ wear loose clothing; tie back long hair. ■ Use charcoal lighter fluid only; ignite coals with a m or electric starter. ■ Never leave the grill unattended while cooking. ■ Keep water on han control flare-ups; douse coals thoroughly with water when you're finished grilling. Cover the and close the vents to prevent fire from reigniting. ■ Make sure the grill is completely cool be moving it or allowing kids back into the area.

Wells

In October 1987, the ordeal of Jessica McClure, the little girl in Texas who fell down a w horrified the nation. Unfortunately, these accidents are not uncommon: Falling into wells, cist and cesspools accounts for one fourth of all home drownings. The best prevention is to enclos cover any body of water or any opening in the ground that is on or near your property.

Pesticides

According to the American Association of Poison Control Centers, 37,856 people were poisone pesticides and insecticides in 1987, the last year for which statistics are available; more than these victims were children under the age of six. Preventive measures: ■ Store all chemical their original containers out of the reach of children—preferably in a locked cabinet. ■ Buy those products with safety caps. ■ Read and follow label directions. ■ Don't hold a chemical when pouring—it could splash on your skin or into eyes. When using sprays, make sure opening is pointed away from your body. Never use these products in a closed garage, she other area without proper ventilation. ■ Always put pesticides and insecticides away immedia when finished. ■ Rinse out empty containers and secure their tops before disposal. ■ Keep phone number of the poison-control center next to your telephone. —PAMELA GUTHRIE O'B


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Up-to-date takes on the best summer yet

Where have all the flowers gone?

Gone to the chicest dresses every one! These shapely styles range from work-worthy to weekend wonderful



petal mettle

Dress up in the heat of the night in Norma Kamali's sultry duo, far left—a slinky slip topped off with a waist-cinching jacket. Made of silk chiffon—*the* fabric this summer—and featuring the new longer length (no hose needed!).

bloom bounty

This spicy sizzler of a shirtdress, center, by Anne Klein Dresses, enhances any shape with its wide-belted waist, softly rounded shoulder pads, low-notched collar and draped, saronglike skirt. The exotic batik print makes it simply irresistible.

hip tulip

A shapely cotton dress, near left, covered with oversize bright tulips is perfect for a pretty summer day. Tailor-made touches to note? A defined waistline, curvy skirt and small, rounded shoulder pads for added structure; by Mary Ann Restivo


No more
poodle-tight perms.

Body-conscious bloomers like this top crop look best with strappy sandals or flats



flower power

We love Liz Claiborne's updated coatdress, far left. Classic and semi-tailored, it's made of fluid rayon crepe for wearable ease. A great alternative to a suit, this power-red dress boasts covered-up-but-cool elbow-length sleeves and a faux wrap front.

budding beauty

This slink of a dress, center, by Betsey Johnson, is bursting with cabbage roses on a sexy black background. What else makes this sheath special? The bodice is swimsuit-shaped and Lycra-boosted for a close fit; the bottom is draped to look like a skirt.

bouquet array

A profusion of roses, daisies and poppies adorns Adrienne Vittadini's sporty cotton-knit dress. This clever creation is a mock two-piece—meant to look like a tee teamed with a tulip skirt—great for a weekend getaway.

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Sun Sense

We asked the experts to reveal the real sunscreen story so you can enjoy the great outdoors all season without worry

What SPF is safe? According to Frank Akin, Ph. D., senior director of Coppertone Clinical Research, an SPF of 15 is sufficient for most people *as long as it is applied thoroughly*. The exceptions? Those with sensitive skin or fair skin that always burns and people who live or vacation in tropical climates need an SPF higher than 15.

Is one-time application enough? No. Repeated, complete applications throughout the day are necessary because sunscreen can be rubbed or washed off. Akin advises reapplying every two to three hours.

Any application tips? Here are six surefire pointers for risk-free sun fun: ● Smooth sunscreen on clean, dry skin before venturing outside. Apply a generous, even coat—don't forget back of neck and legs, shoulders, hands and feet. ● If your face, chest or back are acne-prone, stick with an oil-free, noncomedogenic lotion that won't clog pores. Look for Clinique Oil-Free Sun Block SPF 15, Shade Oil-Free Clear Gel SPF 15 or Erno Laszlo Oil-Free Sun Block SPF 25. ● For dry complexions, a sunscreen boosted with moisturizers is best. We like Vaseline Intensive Care Moisturizing Sunscreen Lotion SPF 2-25. ● Retin-A users have to be ultracareful and wear a high SPF sunscreen *at all times*—even under makeup. Count on Skin Cancer Garde Solar Blok Face Zone SPF 33, Avon Sun Seekers Super Block Creme SPF 20, Coppertone Face Moisturizing Lotion SPF 15 or Korff Sun Block Cream SPF 42. ● Since some people are sensitive to sunscreen ingredients, it's a good idea to test a product on a small area of skin to detect irritation. Seek out PABA-free products like Eclipse Photo-Sensitive Protection Sunblock Lotion SPF 25 and Neutrogena Paba-Free Sun Block SPF 15. ● For everyday protection, check out sunscreen-boosted foundations and moisturizers. An SPF of 6 or 8 is adequate for limited sun exposure. Try Alexandra de Markoff Sunblock Foundation SPF 15, Almay Extra Protection Liquid Makeup SPF 8, Purpose Dual Treatment Moisturizer SPF 12 and Clarion Protective Moisturizer SPF 6.



Label lingo

Below, a glossary of terms that are commonly listed on sunscreen bottles—read the labels carefully before choosing a product.

BROAD SPECTRUM products protect against UVA rays (which deeply penetrate the skin and contribute to premature aging) and UVB rays (strongest between 10 A.M. and 2 P.M., they penetrate the top layers of skin and cause sunburn). Not all sunscreens protect against both types of rays, so check the labels.

PABA absorbs ultraviolet light and diffuses it to protect skin. PABA and derivatives like Padimate O (octyl dimethyl PABA) cause allergic reactions in some people. If your skin is sensitive, make sure PABA isn't listed as an ingredient.

WATERPROOF sunscreens maintain protection for at least eighty minutes of water exposure. Try Sea and Ski Waterproof Sunblock Lotion SPF 15 or Sun Pacer Ultra Protection Sunscreen Lotion SPF 15. (Don't confuse waterproof with water-resistant products, which provide only forty minutes of protection.)

SELF-TANNING lotions react with the outer layer of skin and tan you without the sun. They're great for evening up a tan or tanning your face if you avoid the sun. The products contain no sunscreen. Look for Lancôme Self-Tanning Lotion for Face and Body and Coppertone Sunless Tanning Lotion. ▶

Nesti Mendoza

A GREAT 1988

Yvette Finkelstein thought her teenage daughter was crazy—Penny Finkelstein wanted her forty-seven-year-old mom to enter a modeling contest! But Penny's dad and two brothers thought it was a super idea, too. When Yvette was chosen from among 6,300 women, her family was thrilled, but not surprised. What was Yvette's winning response to the statement "I have camera potential because . . ."? "Because," wrote Yvette, "fortunately I have classic features, good skin tone, and thick manageable hair and, I've been told, a great smile." We couldn't agree more!



Two beautiful ways to win

LHJ and Dove Beauty Bar have teamed up once again to offer *Journal* readers a dream opportunity. Enter the fourth annual Dove Classic Model Discovery and the brand-new Dove Model-Beautiful Skin Contest—you can enter both (but you can win only one). If you're chosen to be Dove's Classic Model 1989, you'll receive $25,000, a one-year modeling contract with Elite Model Management and a $5,000 designer wardrobe from Louis Dell'Olio for Anne Klein. The Beautiful Skin winners (two from each region) will receive $500 cash toward a day of beauty in their home towns. The catch for both? You have to be thirty or over by the deadline to enter. For contest rules, turn to page 165.

DOVE CLASSIC MODEL DISCOVERY ENTRY FORM

Explain, in fifty words or less on a separate sheet of paper, "I have camera potential because . . ."

Name (print clearly) _____
Address _____
City _____
State & Zip code _____
Contest region _____ Phone _____
Date of birth/Present age _____
Height _____ Weight _____ Hair _____ Eyes _____

ENTRIES MUST BE RECEIVED BY AUGUST 31, 1989

SEND ENTRY TO: Dove Classic Model Discovery
40 West 57th Street, Suite 1900
New York, NY 10019
ENCLOSED ARE: two Dove wrappers and two color photographs (full-length and head shot)

DOVE MODEL-BEAUTIFUL SKIN ENTRY FORM

Tell us in fifty words or less on a separate sheet of paper, "How I maintain model-beautiful skin."

Name (print clearly) _____
Address _____
City _____
State & Zip code _____
Contest region _____
Phone _____
Date of birth/Present age _____

ENTRIES MUST BE RECEIVED BY AUGUST 31, 1989

SEND ENTRY TO: Dove Model-Beautiful Skin Contest
40 West 57th Street, Suite 1900
New York, NY 10019
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Claude Jacques

where's CHER?

In a candid interview from her Los Angeles apartment, Cher shows a rare vulnerability as she discusses her boyfriend, her films, her fame and her future

By Jay Gissen

She struts her stuff in outrageous outfits you'd describe as skimpy . . . if only they had more fabric. She uses language that's as colorful as her multitudinous tattoos. And when she named her new fragrance Uninhibited, she could have been labeling her lifestyle.

So when Cher descends from the top floor of her new Los Angeles duplex, you expect her to go for the bold. Maybe, since this is an at-home appearance, she'll just wear her sport sequins? Or some little lamé housedress that Bob Mackie threw together?

Wrong. As always, Cher surprises. She bounds down the steps into her small black- and-white living room wearing black jeans, a navy-blue tie-dyed T-shirt and white cotton sweat socks. Without shoes or makeup, and with her black curls simply fluffed around her face, the forty-three-year-old actress seems much shorter than on the screen. And far less intimidating.

"Don't touch me, my hands are greasy," she says as she enters the living room and holds up two hands slathered with cold cream. So much for glamour. "I go around grubby all the time," she declares cheerfully. "I just don't have the *(continued on page 40)*

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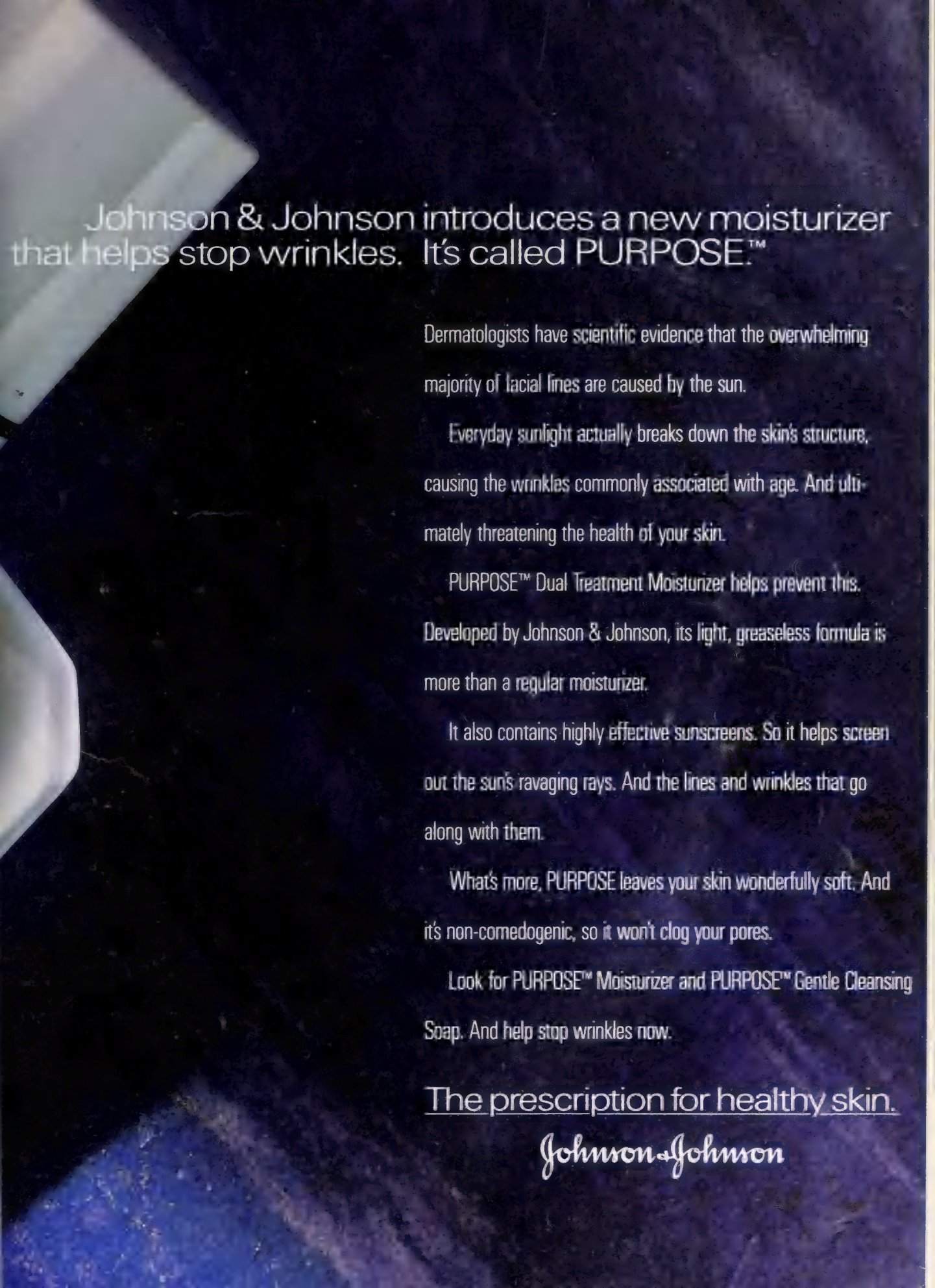
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What's more, PURPOSE leaves your skin wonderfully soft. And it's non-comedogenic, so it won't clog your pores.
Look for PURPOSE™ Moisturizer and PURPOSE™ Gentle Cleansing Soap. And help stop wrinkles now.
The prescription for healthy skin.
Johnson & Johnson

(continued from page 36) patience, except when I'm working, to put on makeup or look good."

As she curls up on the couch and begins to talk, there are other surprises as well. Like how Cher—seemingly the most self-confident woman on the planet—gets embarrassed at the drop of a hat. ("God, I get mortified constantly," she says. "I'm always mortified at something that I say or do.") Or that she hates to watch herself on film. ("It's not my favorite thing . . . I'd rather watch Meryl Streep.") Ask her what movies have had the greatest impact on her life, and she mentions *Cinderella*, which she saw as a child. "But I was a little bit upset, because I was trying to relate to Cinderella, but in my mind I was thinking I was looking more like a wicked stepmother."

In fact, Cher sounds a lot more like the shy and conservatively dressed (by her standards) waif who appeared on this year's Academy Awards than like the street-smart dazzler she's usually made out to be.

Could our Cher be having a mid-life crisis?

Certainly, at a time when she should be flying high, she does seem to be in the midst of a letdown. The thrill of winning last year's Academy Award for *Moonstruck* has faded somewhat, and she's become just another fortysomething actress who has to compete with the likes of Sally Field, Jane Fonda and Meryl Streep. It was a rude awakening. "I didn't get good scripts, and I was desperately looking for something," she says of the past year.

And even Cher can make career mistakes, as she's the first to confess. This time, she turned down the forthcoming comedy *War of the Roses*, starring Michael Douglas and Danny DeVito; Kathleen Turner took the part. "I'm kind of kicking myself in the butt now for it," she admits. "I didn't think Michael Douglas and I would have chemistry. I'm probably going to be really sad that I didn't do it."

After *Moonstruck*, Cher had the luxury of being able to afford to do nothing. That, however, can be a very mixed blessing for a woman who's used to motion and change. After two years of intense work on three hit films—*Moonstruck*, *The Witches of Eastwick* and *Suspect*—it was almost as if Cher the actress had vanished from sight. "You know, there were two years between *Mask* and *Witches*. I don't want that to happen again," she says. "But I really care a lot about this phase of my life. I've done things just for money and I'm not ashamed of it, because your work is what you do to put clothes on your back and feed your kids. But because of my age and because I'm a woman, I'm not going to get the chance to take the best script out of thirty. I'm going to hope that I get the best script out of three or four, and I'm going to wait a long time for them."

In actuality, it took about a year for Cher to sign up for her next project after *Moonstruck*, another comedy/drama called *Mermaids*. And the project recently ran into trouble. During preproduction last March, Cher reportedly developed tonsillitis. She missed so many days that director Lasse (*My Life as a Dog*) Hallstrom had to back out, temporarily putting *Mermaids* on hold. Despite the problems, Cher says she remains committed to the project. "The story's not even mostly about me," she says. "I play the main character's mother. It's very reminiscent of *Moonstruck*—an interesting, kind of sweet look at people who are totally out of their minds, doing the best they can."

Moving from *Moonstruck* to *Mermaids* doesn't necessarily mean that from now on Cher will limit herself to family comedy/dramas with one-word titles beginning with *M*. She still dreams of top-notch film roles about tough, confident characters ("I would have liked to have played Patton in *Patton*, Rocky in *Rocky* and Vivien Leigh's part in *Gone With the Wind*," she notes) and of doing a musical. "I would love to do a musical," she says. "It would be really fun to do two things that I really enjoy in the same place. Also, you get a chance to perform, which is different from acting."

It has grown dark in Cher's apartment, and suddenly she jumps up from the couch. "What time is it?" she asks. It's five-thirty, fifteen minutes after she was supposed to call her boyfriend, Rob Camilletti, in New York. She is visibly anxious and upset. "I promised, I promised, I promised, I promised," she laments, "and I didn't do it. He will be so angry."



Smiling Cher arrived at this year's Oscars with Rob Camilletti, yet she was more somber when she presented the Best Picture award

Ever since they met on Cher's fortieth birthday in a New York nightclub in 1986, Cher and her twenty-four-year-old boyfriend, a former bagel-baker turned actor, have been an unlikely couple few people expected to stay together. Over the last few months, the tabloids have regularly reported that they have split up. Cher has always denied there are problems in their relationship. But even she allows that, just before the interview began, "I was having a major life-and-death fight with my boyfriend."

For Cher, the omnipresent tabloid reporters have proven to be the peskiest part of success. "I know that someday I'm going to lose my temper and slap the bleep out of some bleephole who's really invading my space," she complains with her usual pungent profanity. What she'd like to tell the bleephole: "You go through my garbage and hide in my plants. It's not what grown-ups should do to make a living."

Camilletti was even less steeled for the scene. Late last year, he was involved in an incident with a photographer staked outside Cher's house. Camilletti was charged with reckless driving for allegedly driving in the direction of the photographer, striking his car, and vandalism for breaking the photographer's camera. He pleaded no contest to the vandalism; the driving charge was dropped. "It's hell for him," Cher says. "He's very private, very much a street person. He doesn't understand any of this Machiavellian kind of bleep. I told him when we first started being together, 'Robert, it's really quiet now because I'm just working, but if any of these movies is a hit, it's going to be a lot different, because all of a sudden it will be hard on us, hard on you, especially.' I wasn't (continued)

Ron Galella

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(continued) prepared for it myself."

What really bothers Cher, however, is when friends, relatives and the public start believing the tabloid tales. For example, her mother still calls about items she reads in the gossip papers. " 'Mother!' I tell her, 'how long have we been going through this? I never even talked to the guy.' " Then there was the time she says Bill Cosby believed reports that Cher had insulted Eddie Murphy backstage at the Oscars. In fact, the two had not even met that night. And one day, while watching a talk show, she heard some woman say she was going to have a rib removed to help her figure because Cher had. Worried that she would be indirectly responsible for a pointless operation, Cher called the station to set the woman straight.

Still, for all the scandal, her friendships usually survive. Cher maintains a wide—and eclectic—circle of friends. "I was at a party once, the night before the Oscars of *Silkwood*," Cher explains. "Henry Kissinger walked in and he said, 'Cher!' and I said, 'Hen!' and we hugged and talked and it was really great. Then Val Kilmer, who I was living with at the time, sat me down and said, 'I've never really been impressed with anyone you've known, but I'm impressed that you call Henry Kissinger Hen." Then, when Cher was in Washington working on another film, she bumped into Kissinger at the hotel where she was staying. "He came up to me and said, 'I just love watching the movies and I feel some sort of extra pride when I watch you.' I have lots of friends people wouldn't necessarily connect me with."

Like Meryl Streep, whom Cher met and immediately struck a friendship with when they starred in *Silkwood*. Like Meryl, Cher is a devoted mother. Moreover, she can be a stern one. In the middle of the interview, Elijah Blue Allman, a thirteen-year-old replica of his dad (guitarist Gregg Allman, Cher's second husband), walks in and asks permission to go on the exercise treadmill in the dining room. Permission denied by Mom, no explanation given.

"Some of the best times I have are with them doing kid things," Cher says. "I don't like grown-up things too much. I like to color, I really love it. It's something you can enjoy with them." Coloring, Cher? Aren't your kids a little old to be coloring? "Elijah wants to be grown-up, so he's kind of backing away from me," she says, "but every once in a while he really is a baby."

As for twenty-year-old Chastity Bono, who recently dropped out of New York University to write songs, Cher has come to appreciate how it isn't always easy to be her daughter. "On one hand, she really likes it, and on another hand, she really hates it," she says. "I don't know where she's going to be able to carve out something for herself in those two positions. Chas has the flip side of my life. When I was little, I wanted to be in a successful family, I wanted money, but neither one of those things are what we really want. We just want some sort of peaceful existence."

She doesn't rule out the possibility of having more kids one day. "I would like to [have another child], but I don't know that I'm going to be able to do it," she says. "If I stopped my career right now, I could do it, but I don't know. It's a decision that I'm not sure I want to make, because it took me a long time to get here."

Don't expect her to fade away just yet. Among other things, she's making music again. Her album *Cher* went gold last year despite lukewarm reviews ("It's not the greatest album I've ever heard, but it's the best album I've ever made, and I'm thrilled with the experience"). Her newest release is *Heart of Stone*. Even before it reached record stores, the album spawned its first hit single, "After All," her duet with Peter Cetera from the movie *Chances Are*.

Cher says she mostly listens to—and still wants to sing—her old favorites. "Someday I'm going to go to Carnegie Hall and just do all the old songs I used to do on *The Sonny and Cher Show* that I really love doing," she says. "It's never going to go down as great music, but we made an impact on a generation."

Cher is also doing something right when it comes to business. In its first two months on the market, her Uninhibited fragrance sold more than $10 million, exceeding the expectations of even its manufacturer, Parfums Stern. She's also contributed to an upcoming book on nutrition with *Eat to Win* author Robert Haas. And she's been working on behalf of the homeless, dishing up food at a rally in Washington, D.C., and performing on the HBO special *Comic Relief III*.

Professionally or personally, Cher has never been one to stay in one place for very long. No sooner had her Manhattan luxury loft been featured in *Architectural Digest* than she put it up for sale. "It's beautiful and I put a lot of money and a lot of time into it, but it has no meaning for me whatsoever," she says, shrugging. "It's a place to live."

Meanwhile, Eddie Murphy bought her beloved Beverly Hills mansion, with its Egyptian-style architecture and furnishings, for a reported $6 million. She says the house was the only place she's ever felt at home and that she was "hysterical crying" on the day she had to move.

She pauses and then tries to describe her feelings. "I had that house longer than I've had relationships. This was the longest I've committed to anything, and I guess if I was going to stay any place forever, it would have been that house. I don't think I'll stay any place forever."

If she's likely to remain in any location, it's the state of flux. Right now, her acting career may be having an intermission. But be sure to stick around. Whatever the next act brings, it will be well worth watching. ■

Jay Gissen is Editor of the Cable Guide.





"Some of the best times I have had are with them doing kid things," Cher says of her children, Chastity and Elijah Blue

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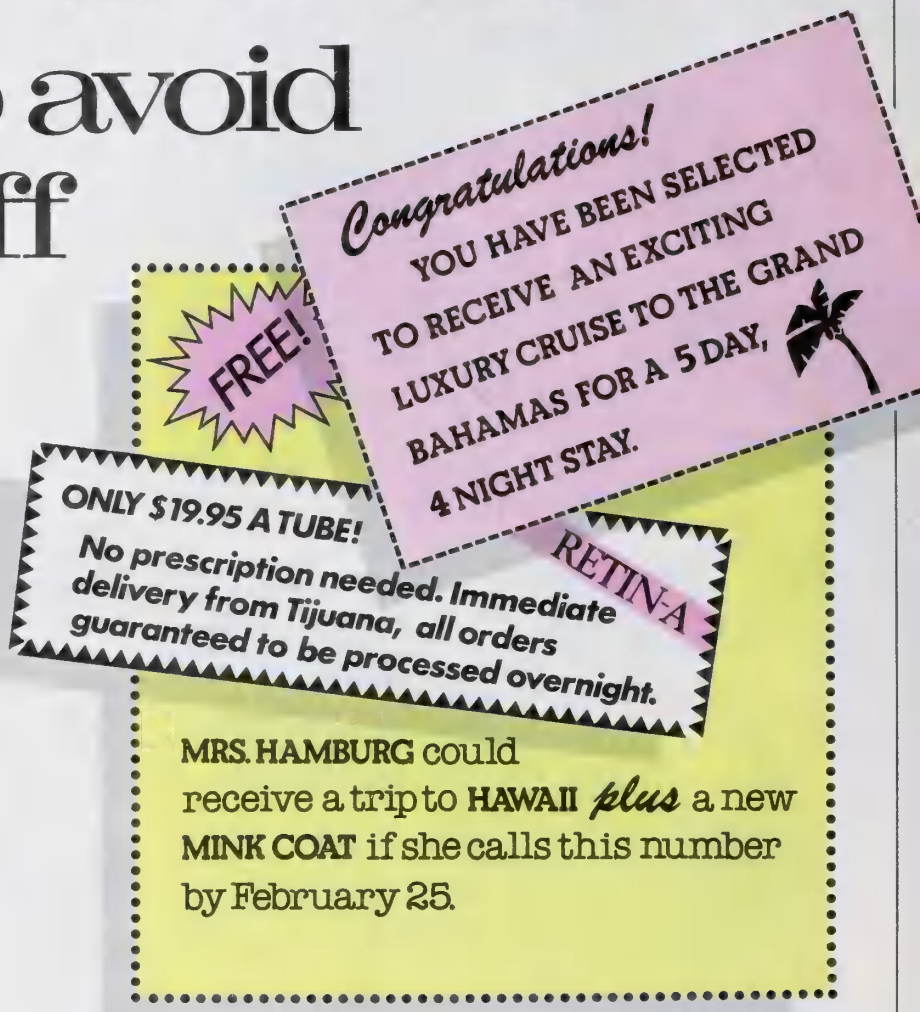
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special report

SCAM ALERT!

how to avoid a rip-off

If that "free trip to Hawaii" sounds simply too good to be true, it probably is. Here's a top expert's rundown on the latest consumer frauds



If a sucker is born every minute, so is a new scam. Each year millions of U.S. consumers are bilked; losses from investment fraud alone total $40 billion annually, according to the North American Securities Administrators Association.

No sooner do authorities catch up with one kind of con than there's another to take its place. Often, successful scams are based on real news, such as the latest breakthroughs in medicine or innovative products that everybody wants to try. At base, however, they still appeal to an ancient emotion: greed. The desire for easy money, incredible bargains and tempting prizes can transform rational consumers who ask questions and read the small print into impulse buyers. The rip-off *(continued on page 49)*

By Joan Hamburg

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artist imparts a sense of urgency to the deal, creating a fear that if you don't move quickly, you'll lose a golden opportunity. The strategy is to talk consumers out of their money as quickly as possible, before common sense prevails.

Here, a rundown of some of this year's leading scams. We'll tell you how to resist the hucksters—and save your money.

Radon raid

Many homeowners panicked when the Environmental Protection Agency (EPA) announced that millions of American homes might be contaminated by radon—an invisible, odorless gas that's considered to be the leading cause of lung cancer among nonsmokers. Radon, which is released when radioactive uranium breaks down in rock or soil, causes up to twenty thousand deaths a year. Based on the results of its studies, the EPA suggested that every American home be checked for this unseen killer.

Because radon is so new—and so scary—homeowners can be taken advantage of. Companies might use misleading detection techniques and tell them to spend hundreds—even thousands—of dollars for unnecessary removal devices, say experts at the EPA. For example, one company in Minnesota sold consumers a device for $289.95 that was supposed to remove pollutants—including radon—from the home. What it actually did, however, was draw more radon into houses. The firm was sued and ordered to pay more than $350,000 in penalties, restitution and court costs. But they left town before most of the money could be collected.

The best way to reduce radon is by increasing ventilation and sealing cracks in your home's foundation so the gas can't seep in. This can usually be done for $100 to $2,000. If you decide to hire a company to get rid of radon for you, first contact your state health department or regional EPA office for a list of firms that have completed state or EPA-sponsored training programs for radon detection and removal. Also, ask the contractor if he has been certified and insured, and how much the job will cost. Request a guarantee of how low he will reduce the radon level.

You can check your own radon levels with kits costing $10 to $30. But selecting these tests can be complicated, too. For instance, earlier this year, a consumer-advocacy group that rates products for Ralph Nader declared that many radon-testing kits gave misleading results. This news caused tens of thousands of homeowners to stop testing. However, in April, after some experts objected to that contention, the Nader group acknowledged that the test kits would alert consumers to high levels of radon but continued to point out that the tests may fail to measure those levels precisely. (The Nader group gave a top rating to kits made by the Radon Testing Corporation of America [call 800-457-2366 to order] and Teledyne Isotopes [800-666-0222].) You can also consult the EPA Measurement Proficiency List for the names of companies whose radon measurement devices and lab analysis have met EPA standards. Call your state health department or EPA regional office for the list.

Finally, if your home does have a high radon level, the EPA advises testing at least twice to ensure accurate results.



Retin-A rip-offs

Soon after doctors announced that Retin-A, a prescription acne cream containing a derivative of vitamin A, could help reduce wrinkles and improve sun-damaged skin, the gypsters moved in. Ads in magazines and newspapers ballyhooed creams that were supposedly related to Retin-A, sometimes with names like Retinol-A or Retinyl-A. These preparations promised to get rid of wrinkles at less cost than Retin-A, and without a prescription.

However, these potions are mere imitations; they do not contain tretinoin, the active ingredient in Retin-A. According to Faye Peterson, of the U.S. Food and Drug Administration (FDA), there was "an explosion of *(continued)*

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For more information, you can obtain a free pamphlet from the American Society of Travel Agents. Write to: Avoiding Travel Problems, ASTA Consumer Affairs, P.O. Box 23992, Washington, DC 20026-3992.

Not-so-charitable causes

When Mrs. Pluma Griffin, of Albuquerque, New Mexico, received a letter informing her that she had won a cash prize in the Cancer Fund of America $5,000 Sweepstakes, she was delighted. All she had to do was sign the enclosed release form to receive her prize in the mail. The letter went on to suggest that Mrs. Griffin might want to contribute at least five dollars to the Cancer Fund "since this is a charity sweepstakes."

The appeal struck a chord, as Mrs. Griffin's husband had recently died from the disease. So she made out a check for $25 and, as the letter instructed, sent it to Watson and Hughey Company, the Virginia-based fund-raising firm that was collecting donations for the Cancer Fund. Months later, when Mrs. Griffin still hadn't received her prize, she tried to contact *(continued)*



Don't tarnish your silver



New Jhirmack Silver Hair Spray adds shine, not dulling buildup.

New Jhirmack Silver Hair Spray is crystal clear. And unlike regular hair sprays, it's specially formulated for silver, gray or graying hair.



Silver Hair Spray holds beautifully, too. Lets you lift, shape and finish almost any style.

Don't tarnish your precious silver. Give it radiant shine and salon hold with new Silver Hair Spray. Another haircare breakthrough from Jhirmack's salon professionals.



Jhirmack®
For salon results at home.

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SCAM ALERT
continued

atson and Hughey but says their hone was constantly busy. Finally, she ported the firm to the Better Business ureau and discovered that she was not one in her complaint. Thousands of nsumers had been taken in by the me kind of sweepstakes "offer."

According to authorities, these guely worded letters deceive people to thinking they've won $5,000, and ed only send in a small donation to llect. What the "winners" actually get a few cents—or nothing at all.

State and federal authorities have en flooded with complaints about ch fund-raising abuses, and at least x states have sued Watson and ughey, which handles most of these veepstakes drives. An investigation of e company by the Long Island Better usiness Bureau revealed that of the 0.6 million Watson and Hughey col-cted for various health-related chari-es, only 4 percent was ever spent on e charities' programs. The other 96 rcent apparently went toward more veepstakes mailings and personal ofits, authorities say.

Before giving to any charity you're t familiar with, send $1 and a self-ddressed, stamped envelope to the hilanthropic Advisory Service (part of e Council of Better Business Bu-aus), 4200 Wilson Boulevard, Ar-ngton, VA 22203, for an update on aritable organizations called *Give . But Give Wisely*. They will also send u free reports on most national chari-es. Or write to the National Charities formation Bureau, 19 Union Square est, Sixth floor, New York, NY 10003-95, for a free copy of *Wise Giving uide*, which also evaluates nonprofit ganizations.

ll that glitters is ot gold

nen the stock market crashed in 1987, vestors looked to more tangible rces of profit. Gold gimmicks, dubbed e fool's gold rush," began to flourish. cording to the North American curities Administrators Association ASAA), millions of investors lost re than $250 million in these schemes. One popular flimflam was run by a lifornia furniture salesman, who imed that his New Mexico mine site uld generate almost $100 million in d sales a year. Prospective investors re invited to tour the mine, which ked like it was in full operation. But s was simply part of the mirage; the e hadn't been worked in years and tained little or no gold. More than thousand people lost a total of more than $20 million. The promoter was eventually convicted of fraud, but the money was never recovered.

The victims of these investment tricksters are often specially selected through "sucker lists," which identify individuals who have invested in shady deals in the past or who are known to respond to high-pressure sales calls.

Because gold schemes have cheated so many out of so much, a special strike force has been organized by NASAA. Project Goldbrick advises prospective investors to hang up on high-pressure sales calls, and to remember that there is no such thing as a guaranteed investment when it comes to gold. Don't fall for "secret, special or can't-be-duplicated" methods of testing for gold, and get any promises or claims in writing. Finally, before you invest, check out the company with your state securities office or the Better Business Bureau.

Help wanted

The want ads these days are full of ads promising a chance to make extra money "in the comfort of your own home" or to assist you in finding "the job of your dreams." The con involves sending money for materials and samples that rarely arrive, while the victim's check is always cashed.

Other ads appear to offer real jobs. Joe Cudd, a New Jersey construction worker, recently responded to an ad for laborers willing to work abroad. Joe called and was told to send his resumé and a deposit of $350 to prove his good intent. Instead of a job, all Joe got was a kit on how to *get* a job. He demanded his money back and reported the firm to the Better Business Bureau. Through the efforts of a district-attorney's office in Texas, which was investigating the company, Joe was able to recoup $50.

Fraudulent employment firms like these are now proliferating across the country. Some charge as much as $6,000 for opening the "hidden job market." Because these unscrupulous companies close and relocate after a few months, authorities say they are difficult to pursue, much less prosecute.

If you do answer an ad like this and the company requires an advance fee, get all details of the transaction in writing first, and get a report on the company from the Better Business Bureau.

The Federal Trade Commission publishes pamphlets alerting consumers to today's most prevalent scams. Write to the Public Reference Room, 130 Pennsylvania Avenue, Washington, DC 20580, or call 202-326-2222. ■

Joan Hamburg is a journalist specializing in consumer issues for WOR radio in New York City and CNBC-TV.

Jhirmack Silver Shampoo and Conditioner

A brilliant way to care for your precious silver.



The salon professionals at Jhirmack can help you keep gray hair gorgeous! With Jhirmack Silver Shampoo and Conditioner.

Together they're better than regular shampoos and conditioners at toning down brassiness and enhancing the natural silvery highlights of gray or graying hair.



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For salon results at home.

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MEDINEWS

By Sally Squires

TO HELP YOU AND YOUR FAMILY STAY HEALTHY

Allergy relief

IF YOU'RE SNEEZING AND SNIFFLING, YOU'VE GOT LOTS OF COMPANY. GRASS, MOLDS AND WEEDS—THE MOST COMMON SUMMER-ALLERGY CULPRITS—ARE ALL OVER THE PLACE NOW. YOU DON'T NEED TO TOLERATE A RUNNY NOSE, WATERY EYES OR SCRATCHY THROAT, HOWEVER. TODAY, 85 PERCENT OF ALLERGIES CAN BE SUCCESSFULLY TREATED. SOME OF THE MOST EFFECTIVE NEW MEDICATIONS INCLUDE:

■ **STAY-AWAKE ANTIHISTAMINES** Two recently approved drugs to discuss with your doctor include terfenadine (brand name Seldane) and astemizole (brand name Hismanal). Available by prescription only, both drugs clear up symptoms without putting you to sleep.

■ **NEW NASAL SPRAYS** Three sprays—Beconase, Vancenase and Nasalide—which contain the topical steroids beclomethasone or flunisolide are now available. All three prescription sprays dry up runny noses and ease swelling and inflammation.

■ **PREEMPTIVE STRIKES** Cromolyn sodium (Nasalcrome) is a nasal spray that actually prevents allergy attacks from occurring in the first place. The drug derails bothersome symptoms by halting the activity of allergy-initiating cells in the body.

Summer first aid

Warm-weather safety tips for the whole family

Americans pay eighty-six million emergency room visits a year—two out of three of them during the summer, according to Jack Franaszek, M.D., president of the American College of Emergency Physicians, in Dallas.

Common warm-weather emergencies include overexposure to the sun, heat-related illnesses and alcohol-related traffic and boating accidents. Here are some suggestions to keep summer safe.

Use common sense in the sun. Go easy on the rays, especially between ten A.M. and two P.M. When you're outdoors, use high-SPF, waterproof sunscreens.

Check with your doctor before sunbathing if you're taking prescription drugs. Some medications interact with sun to produce rashes and other side effects.

Keep a first-aid kit handy. Basics should include antihistamines; topical steroid cream (for insect bites, minor injuries); aspirin; bandages; gauze and tape; antiseptic cream or lotion; a topical antibiotic; an ice pack and calamine lotion.

Watch out for tick-borne diseases. Lyme disease struck an estimated five thousand people in 1988. Early signs vary; some people develop flulike symptoms or a rash, others suffer from malaise—a feeling of weakness and discomfort. In the most serious cases, late indications of the illness may include memory loss, arthritis, severe muscle weakness, even blindness.

Lyme disease can be tough to diagnose. Since the ticks that spread it are tiny, you may not realize you've been bitten. Also, the standard blood test to detect it isn't completely reliable. However, that may change. The Food and Drug Administration (FDA) recently approved a cheaper, faster test called Access Immuno-CLONE, which confirms the presence of Lyme disease antibodies in the blood in under ten minutes.

Doctors prescribe various drugs to treat Lyme disease, including tetracycline, penicillin derivatives or cephalosporins.

Rocky Mountain spotted fever—another tick-borne ailment—afflicts some seven hundred Americans each year, says Robert Quackenbush, Ph.D., a bacteriology program officer at the National Institute of Allergy and Infectious Diseases, in Bethesda, Maryland.

The disease is transmitted by wood or dog ticks, about the size of watermelon seeds. Symptoms, which appear three to twelve days after a bite from an infected tick, include fever, headache, and a rash on the hands and feet. Treatment usually includes the antibiotic erythromycin.

To guard against Lyme disease *and* Rocky Mountain spotted fever, wear long-sleeved shirts, pants and shoes; use insect repellent and check yourself carefully for ticks every day. If you spot one, gently remove it from your skin with a pair of tweezers. Swab the bite with rubbing alcohol. If possible, capture the tick in a jar and take it to your doctor so she can check to see if it is carrying disease.



'TIS THE SEASON FOR KLEENEX.®

BRAND TISSUE



Allergy season is here. In full bloom.
So keep a box of KLEENEX® tissue nearby. You'll really appreciate the difference in KLEENEX.
We've added nothing extra. It's just comforting KLEENEX tissue. After all, allergies irritate your nose enough.
If you'd like to know more about allergies and asthma,
call the American Academy of Allergy & Immunology at 1-800-822-2762.



Kleenex® BRAND says Bless You.

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Please don't pass the pesticides

Right now, summer fruits and vegetables are at their peak—ripe, juicy and delicious. However, recent reports about possible pesticide-induced health problems have left many consumers worried about whether the produce they buy is safe. Experts say there's no reason to panic—or to stop eating fruits and vegetables. Compared to smoking, drinking excessive amounts of alcohol or consuming a high-fat diet, the dangers of pesticides are much, much smaller, says Michael Jacobson, Ph.D., executive director of the Center for Science in the Public Interest, in Washington, D.C. Besides, he says, fruits and vegetables—which are high in vitamins and fiber and low in calories—are so healthful that their benefits outweigh the risks. That's not to say there's no cause for concern, though. Here, some tips to help you minimize pesticide consumption. ● Know which fruits and vegetables contain greater and lesser amounts of potential cancer-causing pesticide residues and other chemicals, and follow commonsense preparation tips (see chart below). ● Purchase domestically grown produce whenever possible, since many foreign countries have fewer pesticide regulations than the U.S. ● Eat a variety of foods to lessen contamination from any one source. ● Consider buying organic produce (grown without pesticides). For a list of mail-order, organic food suppliers, send a self-addressed envelope with forty-five cents postage to CSPI, 1501 16th Street NW, Washington, DC 20036. ● Grow some of your own fruits and vegetables from uncontaminated seeds. That way you'll know nothing harmful has been sprayed on them during the growing process.

HANDLING CATEGORY	FRUIT/VEGETABLE CHOICE	PREPARATION TIPS
Special handling	apples, broccoli, carrots, peaches, pears, spinach	■ Wash in 1 pint water mixed with 1 to 2 drops dishwashing liquid. Agitate; rinse thoroughly. Peel when possible.
Wash thoroughly	cauliflower, cherries, grapes, green beans, lettuce, potatoes, strawberries	■ Wash in 1 pint water mixed with 1 to 2 drops dishwashing liquid. Agitate; rinse thoroughly.
Wash	cabbage, celery, cucumbers, eggplant, peppers, tomatoes	■ Discard any outer or top leaves; peel if produce is waxed. Wash.
Eat as usual	bananas, corn, grapefruit, melons, oranges	■ Discard peel.

In general, you might want to ask your grocer to stock fruits and vegetables grown using integrated pest management. (This is particularly recommended for the foods in the special handling category.) Farmers using this set of methods need fewer chemical pesticides; among other tactics, they may grow plants genetically engineered to be pest-resistant and use sanitary practices that cut breeding areas for pests.



This orange juice is so good, you can feel it in your bones.

Your daughter is growing up and becoming independent. And that's great. But now, it's harder to make sure she gets the proper nutrition.

That's where Minute Maid® can help. With our great tasting orange juice, fortified with calcium.

Calcium helps form strong bones and teeth early in life. So it's something an active family like yours might need. According to the Surgeon General: *"Females, particularly adolescents and young adults in the U.S. should increase food sources of calcium."**

100% pure Minute Maid Calcium Fortified orange juice—what a delicious way to do it.



Minute Maid Calcium Fortified
Orange Juice From Concentrate

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*SOURCE: 1988 Report on Nutrition and Health.

PARENTS' JOURNAL

A GUIDE TO CHILD REARING IN THE EIGHTIES

By Mary Mohler and Margery D. Rosen

What's the best way to get a baby to STOP CRYING?



Phoebe Dunn/DPI

TRAVEL ALERT
Parents traveling abroad should remember to carry their own supply of acetaminophen and other aspirin-free products for children under fifteen. Over-the-counter medications in foreign countries frequently contain aspirin, and labels are often not required to disclose this.

We asked, and boy, did you tell us. We heard from readers across the country, from once-frantic mothers and fathers, from grandmothers and uncles and nannies. Your ideas were just as varied—though singing was the hands-down favorite. We were tickled by some of your tunes: "Amazing Grace," sung in a low, throaty voice; "Greensleeves" and "Puff the Magic Dragon" were most mentioned, but we liked best the father who reported much success whenever he whistled the theme song from *Bridge On the River Kwai*. What else lulls '80s babies to sleep?

■ Thank heaven for modern-day appliances! Judging from your letters, we wonder how our forebears ever managed a millisecond of peace without the hum of a clothes dryer to soothe a colicky kid. ("Without thinking, I placed my newborn in an infant seat on top of the running clothes dryer," reported Heather Cook, of Reno, Nevada, "and he stopped crying instantly." A good way to get the wash done, too.

■ A close second in the appliance department: the vacuum cleaner! Mike and Jill Gunn, from Charlotte, North Carolina, found this worked a little too well: They used their vacuum so much, the hose caught on fire and melted. But who said new parents aren't resourceful? Undaunted, they bought a new vacuum cleaner and taped the sound. Now baby is happy and so is the fire department. (A gold star for the mom who carries a mini-vac in her diaper bag.)

■ And let's not forget the benefits of water therapy. Simply turning on the faucet did the trick in many cases. But why not take advantage of the quiet and hop into the shower while baby sleeps quietly in her infant seat on the bathroom floor, as Betsy Van Sickle, a first-time mom from Glendale, Wisconsin, did? Still crying? Then hold the baby in your arms and do five deep knee bends, suggests Marlee Grebin from Sioux Falls, South Dakota. Not a bad idea: At the very least you'll firm up your thighs.

■ Still, we could truly appreciate Teresa Patten, of Orient, Iowa, who bravely admitted that when all else fails and nerves are raw, she lays her crying baby gently in the crib, then walks around the house three times. "If the baby isn't calmer by the time I get back," she added, "at least I am."

family matters

Every year, we hear the same message from Washington, DC: This, they tell us, will be the Year of the Child. This year, we will expand Head Start programs, initiate a federal child-care program, make parental leave available for mothers and fathers, get businesses involved.

And every year, we wait and wonder when action will replace rhetoric. The Child Care Action Campaign is working to make something happen, and their nationwide survey—published in the *Journal* and twenty other magazines last February—is a good first step. More than 150,000 questionnaires were received, and the results are clear: Over 75 percent of respondents believe the federal government must do more to meet the child-care needs of families. More than 62 percent feel businesses should play a key role. And more than 93 percent pushed for parental leave to take care of a newborn, newly adopted or sick child—without fear of losing one's job. Detailed results will be presented to President Bush in June. Meanwhile, you can get more information—as well as practical guides to finding child care in your area—by writing to Amy Moore, the Child Care Action Campaign, 99 Hudson St., Suite 1233, New York, NY 10013.



"Go ahead, Grandma. It won't bite."

It's Minute Maid Reduced Acid.® A gentler orange juice.

Gentler, because we found a way to remove a lot of the acid, yet still keep the juice 100% pure and delicious.

So if you've been waiting for an orange juice that goes down a little easier, or if you just want a smoother taste—go ahead.

Now you can enjoy the great taste of Minute Maid again.

Minute Maid Reduced Acid

Frozen Concentrated Orange Juice



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Ornaments shown actual size.

The Ladies of Fashion

Christmas Ornaments



Shown actual size.

Exquisite recreations of antique dolls as collector quality Christmas ornaments

Lavishly outfitted, artfully crafted in porcelain and delicately painted by hand.

What better subject for a collection of Christmas ornaments than antique dolls? Beautiful dolls and Christmas seem naturally to go together. For dolls have been delighting little girls on Christmas morning for as long as Santa has been coming down chimneys.

Now, the Danbury Mint is pleased to announce an exclusive new collection... *The Ladies of Fashion Christmas Ornaments*. Inspired recreations of antique porcelain dolls, these beautifully crafted heirloom quality ornaments are destined to become a special part of your family's Christmas celebration.

Meticulously handcrafted, amazingly detailed

The hand-crafting in each enchanting ornament is astonishing. Each features head, hands and feet of fine bisque porcelain—painted entirely by hand! The costumes, too, are all lovingly tailored by hand, featuring a wonderful array of sumptuous fabrics: satins, velvets, taffetas and more.

The Ladies of Fashion Christmas Ornaments are remarkable for their stunning attention to detail. Special touches abound, such as intricate dainty lace, bright satin ribbons and multi-colored feathers and beads. There are redheads, blonds and brunettes... twenty-five unique and distinctive ornaments in all.

Exclusive ornaments, attractively priced

The Ladies of Fashion Christmas Ornaments are available only from the Danbury Mint. The price of just $19 each is guaranteed for the complete collection. An attractive custom-made storage box to carefully house and protect your ornaments is yours at no extra charge. And, each collection will be accompanied by a Certificate of Registration bearing your unique personal serial number. To reserve your ornaments, you need send no money now. Simply return the Reservation Application.

the Danbury Mint

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RESERVATION APPLICATION

The Danbury Mint
47 Richards Avenue
Norwalk, Conn. 06857

Please return promptly.

Please accept my reservation for *The Ladies of Fashion Christmas Ornaments*, a collection of 25 porcelain doll ornaments. A storage box will be included as part of my collection. The cost of each ornament is $19*, and is guaranteed for the entire collection.

I need send no money now. My first ornament will be shipped individually. Thereafter, every other month, I will receive 2 ornaments payable in monthly installments. Any ornament that I am not completely satisfied with may be returned within 30 days for a replacement or refund. This subscription may be canceled by either party at any time.

*Plus $2 for shipping and handling.

Name _____
PLEASE PRINT CLEARLY

Address _____

City _____

State _____ Zip _____

☐ Check here if you want each ornament charged to your:
☐ VISA ☐ MasterCard

Credit Card Number _____ Expiration Date _____

Signature _____

Please allow 8 to 12 weeks after payment for initial shipment.

FAVORITE AUTHORS' FAVORITE BOOKS

To help celebrate the Year of the Young Reader, we interviewed some of the best-loved authors of children's literature. Here are a few of the books that fired their imagination when they were kids. **Maurice Sendak**, author and illustrator of the Caldecott-winning classic *Where the Wild Things Are*, among many others: "We didn't have children's books when I was growing up, but my father was a great storyteller—improvisational, superb and mostly bawdy. The book that meant the most to me was one I couldn't read, because it was far beyond my years. It was *Kristin Lavransdatter*, by Sigrid Undset, and it was wonderful—pale green and fat and beautifully bound. I would sit for hours, turning the pages at what I thought were appropriate intervals." **Madeleine L'Engle**, author of the award-winning *A Wrinkle in Time* and others: "My favorite was *Emily of New Moon* [by Lucy Maud Montgomery, author of *Anne of Green Gables*]. Like me, Emily was a difficult child who wanted to be a writer." **Eric Hill**, author of the best-loved *Where's Spot?* and other books for very young readers: "My family wasn't terribly literary. But we had some famous children's programs on the radio, so I was probably first influenced more by listening to stories than reading them. The first book I remember reading—and loving—on my own was *The Wind in the Willows*. When I was ten, I was quite taken with *Treasure Island*." **Katherine Paterson**, winner of the Newbery Medal for *Bridge to Terabithia*: "I grew up on Bible stories. The affirmation there is very important to my work: that all of God's creatures matter, that time is infinite but now and then it's invaded by the eternal. I was also very partial to A.A. Milne's books—I still think 'Eeyore Has a Birthday and Gets Two Presents' from *Winnie the Pooh* is one of the great stories of all time." **Jack Prelutsky**, best known for his irresistible book of poetry, *The New Kid on the Block*: "My first favorite, as a very young child, was Kenneth Grahame's *The Wind in the Willows*. When I was about ten, I discovered King Arthur—Lancelot was my hero. I learned a lot of ethics from those stories, a lot about doing the right thing." **Jill Krementz's** *A Very Young Dancer* created a new genre of realistic books about daily life and emotions: "Everything I knew about the world came from Nancy Drew and Cherry Ames—they were the closest thing to nonfiction I could find. I loved them, but all the work I've done as a writer has been a rebellion against that kind of children's literature. I've been determined that children reading books today won't grow up as deprived of reality as I was."

PREVENT ABUSE

"When parents are unable to cope with their responsibilities, children lose their sense of belonging and self-esteem. Parenting education can help families break the cycle of abuse and neglect that threatens hundreds of thousands of children each year."

—Matilda R. Cuomo, First Lady of New York State and Co-chair, New York State Citizens Task Force on Child Abuse and Neglect

you can bank on it



A great way to start your child on an allowance: Say you've decided on $1 a week. Each week, ask your child how she wants it, i.e., four quarters, ten dimes, twenty nickels (a little math lesson here). Then tell her she can deposit her allowance in one of three "banks"—for savings, spending or charity. She can't touch the savings, and when it totals, say, $10, take the money out and deposit it in a real bank. The spending money is for anything she wants. And charity is just that—you might suggest a kid-related organzation, such as the Ronald McDonald House.—*Marjorie Weinreb*



ONE MOTHER'S STORY

Good-bye, June Cleaver

By Liz Flaherty

When they were very young, my children, out of necessity, learned how to take care of themselves in the morning. I was already at my office by the time they had to get up for school, and my husband, who worked nights, could seldom wake up early enough to be with them.

So I used to select their clothing and lay it out for them the night before. In short order, they started rolling their eyes at me and wearing what *they* chose to wear. I didn't give in to this easily, still being of the opinion that stripes and plaids do not match. (When my youngest son was in first grade, I laid out his best dark-colored shirt to be worn when he had his picture taken. He wore instead his favorite red checked western shirt and I was furious. But, I must admit, the picture was so good that it still hangs on the wall of my office eight years later. So what do I know?)



I focused my working-mother anxiety on breakfast. My friends who did not work prepared hot breakfasts for their children every day. Mine got by on cold cereal and orange juice, if we happened to have any left. My oldest son intensified my concern when he came home from a sleepover date at a friend's house raving about the bacon, egg and fried potato breakfast he'd had that morning. To my credit, I swallowed a snide remark about all that fried food.

Eventually, the time *(continued)*

Illustration, Stephanie K. Birdsong.


Does she... or doesn't she?
MISS CLAIROL
415 GOLDEN APRICOT
MISS CLAIROL
EXPERT, LONG LASTING COLOR
iss Clairol® Haircolor so natural, they'll never know for sure.

PARENTS' JOURNAL

how would you handle it?

TAKE ACTION

"Families need a forum to voice their concerns," says T. Berry Brazelton, M.D., the renowned pediatrician, who recently announced the formation of Parent Action, a new national advocacy group for kids and families. The group will tackle such areas as health care, housing and child care. They want your input. Dues are $5. To join, write: Parent Action, 230 North Michigan Avenue, Suite 1625, Chicago, IL 60601.

■ **Your child is away at camp and gets very homesick. What do you do?**



Eileen Chepenik



Bobbie Bloom



Tracy Spates

Eileen Chepenik, 40, social-work coordinator, Charleston, South Carolina, two children, 13 and 11
I start writing letters and postcards to my daughters two weeks before they leave for camp. That way, they have a stack of mail waiting. Care packages filled with frivolous things also help.

Bobbie Bloom, 38, hotline counselor, Dallas, two children, 13 and 11
When my daughter had a problem, I found I had to trust my instincts as well as my decision to send her to this camp in the first place. I'd done my research and I knew it was a good camp; I trusted the counselors and the administrators. So when they assured me it wasn't a serious problem, I told her I was proud of her for trying to make the best of it, but I never gave her the option of coming home. She'd made a commitment, and I thought it was important for her to stick by it.

Tracy Spates, 45, art teacher, Penn Yan, NY, two children, 11 and 3½
Jamie went last year to a wonderfully nurturing church-sponsored nature camp. He had a terrific time during the day, but it turned out he was terrified of sleeping in the dark tent. After two miserable nights and much discussion with the counselors, we told him we were proud of him for trying and we took him home. I don't think he felt like a failure—but we learned a lesson about making sure your child is ready for a new experience. And he made new friends—we took their names and addresses.

Be part of our panel and share your parenting expertise: Send your name, address, age, phone number and a brief description of your family (number and ages of kids) to Parents' Journal, LHJ, 100 Park Avenue, New York, NY 10017. We'll keep the information on file and call a few of you each month with a question.

ONE MOTHER'S STORY

(continued) came when I had a day off in the middle of every week. The first day, I got up and cheerily prepared bacon and eggs and pancakes. No one ate them. "We want cereal," they grumbled. I sat and stared at the untouched plates and pouted until the bus came.

The next time, I found they had the use of our one bathroom so finely timed I couldn't get into it. I couldn't make coffee because my daughter regularly stood at the counter by the coffeepot to eat breakfast, using the toaster as a mirror. I probably could have found a spot at the kitchen table, but it was covered with coats and books and gym bags.

I also discovered that nobody talked in the morning either—unless, of course, they needed money. The boys sat and watched cartoons while they ate their cereal and finished the homework they'd said they'd completed the night before.

So I wandered aimlessly about. I offered to help with homework, but I never knew how to do it, and we just ended up fighting. I figured I could at least watch for the bus, so they could use the time to finish whatever it was they were doing. But inevitably the blasted thing would come from the opposite direction, and the kids would have to make a mad dash down the block anyway, coats flying because there had been no time to put them on.

Finally, my daughter ever-so-tactfully suggested I sleep late on my day off. "You need the rest, Mom," she said kindly. "Yeah," agreed her younger brother, a shade less gallantly, "and you get in the way."

Now I still get up early, but I sit quietly in my favorite corner of the love seat and don't bother anyone. I have learned that if I move very quickly and stealthily I can get thirty seconds in the bathroom. I moved the toaster so I can get to the coffeepot without interfering with my daughter's makeup routine. The kids still don't talk, but they usually call "Bye, Mom" as they race out the door.

I know that at this stage of the game, when my youngest is breathing hard on fifteen, my playing June Cleaver one day a week means absolutely nothing to my children. But I also know that if I can just see them in the morning, at least one part of the day will never be wasted.

Photos, from left: Grant Compton/Black Star, Phil Huber/Black Star, M. Osterreicher/Black Star.

Meet New Glass Plus.
Cleans Faster.
Cleans Better.



New Glass Plus now has more hard working cleaners than ever before to clean faster, clean better on glass or anything else. Without a streak to cloud your day. Get New Glass Plus and see what you've been missing.

Cleans Glass Plus A Whole Lot More.

A whole lot faster. A whole lot better.

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THE CRTC MUSIC GUIDE

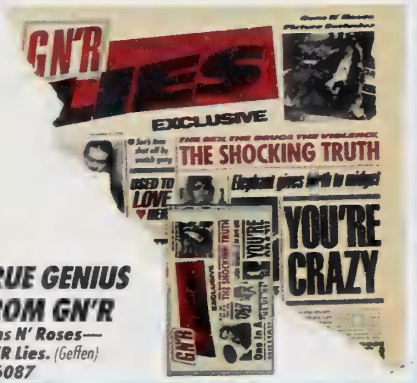
LOOK WHO'S AVAILABLE THIS MONTH



Paula Abdul—Forever Your Girl. Straight Up; One Or The Other; Next To You; etc. (Virgin) **374637**

Edie Brickell & New Bohemians—Shooting Rubberbands At The Stars. What I Am; Circle; etc. (Geffen) **374835**

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This may fascinate you. This may enrage you. But we guarantee you won't be bored by what may be the most honest advice you—or any wife—have ever read

how to keep your man MONOGAMOUS

By Alexandra Penney

EVERY WOMAN WANTS her husband to stay monogamous. And many women consider marital fidelity to be *the* most important tenet of their relationship. So what is it that makes some men stray and, more important, others stay?

Over the last two years I've interviewed close to two hundred men from across the country, some who are monogamous, others who are not. What I've learned is that men stray because certain primary needs of theirs are not being met—emotional and sexual needs that you are probably not aware of. It all has to do with ego, and generally, the other woman is a very effective ego-builder.

New York psychiatrist John Baer Train, M.D., was the first to articulate the notion of the hungry ego to me. At our initial interview, I asked him if he thought a man could be monogamous.

"Yes," he replied, "if you know the psychosexual dynamics that go on between a man and a woman. Basically, it's a very simple idea. Marriage is an institution in which we seek all of what we've wanted since childhood, through adolescence and into adulthood. First, a woman needs to recognize that her mate is part boy, part adolescent, part man. The boy in him wants to know that she really cares for him and his well-being. The adolescent wants to know that he's the object of her whole sexuality. The mature man wants to know that she's proud of him, approves of him. Then the woman must acknowledge that part of the institution of marriage is the nurturing of her husband's ego by fulfilling these needs."

"You mean that what it all comes down to is feeding his ego?" I asked.

"A man must understand that a woman needs her ego *(continued)*



The new book by best-selling author Alexandra Penney appears exclusively in *LHJ*

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very evening at twilight, Mr. Schaff imbed 299 steps to tend to his official uties as lighthouse keeper. Mrs. Schaff used his prolonged sence to sneak a ght of her own.

You've come a long way, baby.

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4.

VEGETABLE RICE SALAD

up BEST FOODS Real or Light Mayonnaise
osp vinegar
nall clove garlic, minced
p salt
sp pepper
ips cooked rice, cooled
kg (10 oz) frozen peas, thawed
up shredded carrot
up chopped green onion

nbine first 5 ingredients. Stir in aining ingredients. Cover; chill. kes 3½ cups.

CLASSIC COLE SLAW

p BEST FOODS Real or Light Mayonnaise
osp lemon juice
osp sugar
o salt
ps shredded cabbage
p shredded carrots
ip thinly sliced green pepper

nbine first 4 ingredients. Stir in aining ingredients. Cover; chill. es 6 cups.

3. CREAMY ITALIAN PASTA SALAD

1 cup BEST FOODS Real or Light Mayonnaise
2 Tbsp red wine vinegar
1 clove garlic, minced
1 tsp dried basil
1 tsp salt
¼ tsp pepper
1½ cups twist macaroni, cooked, drained
1 cup quartered cherry tomatoes
½ cup chopped green pepper
½ cup sliced ripe olives

Combine first 6 ingredients. Stir in remaining ingredients. Cover; chill. Makes 3 cups.

4. CLASSIC POTATO SALAD

1 cup BEST FOODS Real or Light Mayonnaise
2 Tbsp vinegar
1½ tsp salt
1 tsp sugar
¼ tsp pepper
4 cups cooked, cubed, peeled potatoes* (5 to 6 medium)
1 cup sliced celery
½ cup chopped onion
2 hard-cooked eggs, chopped

Combine first 5 ingredients. Stir in remaining ingredients. Cover; chill. Makes 5 cups.

*Microwave Directions: In 1½-qt microwavable casserole combine cubed potatoes and ¼ cup water. Cover. Microwave at High (100%), stirring once, 8 to 10 min. or until tender. Drain. Continue as above.

5. DIJON POTATO SALAD

1 cup BEST FOODS Real or Light Mayonnaise
2 Tbsp Dijon mustard
2 Tbsp chopped fresh dill or 1½ tsp dried dillweed
1 tsp salt
¼ tsp pepper
1½ lb small red potatoes, cooked and quartered*
1 cup sliced radishes
½ cup chopped green onions

Combine first 5 ingredients. Stir in remaining ingredients. Cover; chill. Makes 4½ cups.

*Microwave Directions: In 1½-qt microwavable casserole combine quartered potatoes and ¼ cup water. Cover. Microwave at High (100%), stirring once, 8 to 10 min. or until tender. Drain. Continue as above.

6. CLASSIC WALDORF SALAD

½ cup BEST FOODS Real or Light Mayonnaise
1 Tbsp sugar
1 Tbsp lemon juice
⅛ tsp salt
3 medium apples, diced
1 cup sliced celery
½ cup chopped walnuts

Combine first 4 ingredients. Stir in remaining ingredients. Cover; chill. Makes 5½ cups.

7. CLASSIC MACARONI SALAD

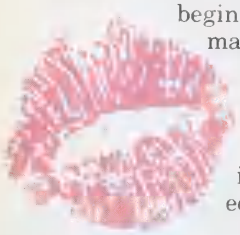
1 cup BEST FOODS Real or Light Mayonnaise
2 Tbsp vinegar
1 Tbsp prepared mustard
1 tsp sugar
1 tsp salt
¼ tsp pepper
8 oz elbow macaroni, cooked, drained
1 cup sliced celery
1 cup chopped green or red pepper
¼ cup chopped onion

Combine first 6 ingredients. Stir in remaining ingredients. Cover; chill. Makes 5 cups.

(continued) supported, too," Dr. Train replied, "She deserves exactly the same thing as she gives."

"But she's the one who must do the giving first," I said.

"Let me answer that this way," he said. "It's been said that for a man a primitive sense of masculinity is fulfilled through sexuality, whereas the primary establishment of femininity for a woman lies in her being loved. Whether we agree with this or not, any survey indicates this is so. If a woman wants to be loved, wants monogamy, yes, she is usually the one who begins—and then will maintain—the nourishing process. To put it in the positive sense, if his ego is nourished and attended to, the odds of monogamy are very high."



"A woman must recognize that her mate is part boy, part adolescent, part man."

As Dr. Train finished, I remembered one particular interview with a business executive who explained to me why he was monogamous. "My wife adores me, she does everything for me and I adore her for it. It starts with sex and goes on from there. My wife is never threatening or intimidating. She is constantly nourishing the sense of who I am. Women have been a civilizing force for two thousand years, and suddenly that wonderful womanly thing that women have always done and men have adored has become a bad thing. That wonderful thing is taking care of one's husband. That's what my wife does, and that's why I have been monogamous—totally monogamous—for twenty years."

By the way, this man's wife is no emotional doormat. In fact, she is a high-powered businesswoman with children—but she understands, as do the wives of most monogamous men, that her mate is, as Dr. Train said, part boy, part adolescent, part man. The reason we women bear the responsibility for relationships, and the reason we require monogamy, has to do with our own female ego needs.

Our secret selves

What you first have to understand is that our own ego has a very different structure from the male ego. Common sense, simple observation and expert opinions confirm it. Basically, the male ego is built on certain core needs: sex, power, achievement and conquest. In order to feel good about himself, to enhance his self-worth and self-esteem, he must have these ego foundations buttressed and nourished.

As a boy, a male is brought up to pursue competitive, aggressive activities. He plays games, he's on teams, it's important to win.

A young man's first sexual encounter is a conquest, another form of a game. His first "win" is a girl—if he has to use "love" in order to score, he will. As a man he will experience sex in terms of achievement and beating the competition. A man's masculinity is confirmed through sex.

The story is very different for females. A girl or young woman's first sexual experience is not the initial entry on a tally sheet, it's a discovery that opens up a whole new world to her. Her identity, her sense of femaleness, is rooted in love and loving. Although young girls today are encouraged to be more competitive, you just have to watch a child with her doll to see that nurturing—and society's encouragement of it—is still a critically important part of a female's childhood experience. Thus it seems clear that love, loving and being loved are the central foundations, the core ego needs for a woman.

Okay, so now we have two different ego structures with two differing sets of needs. If your ego is hungry for loving and being loved and his is hungry for conquest, achievement, power, sexuality, how do you reconcile those various appetites?

Keep in mind that monogamy is integrally connected to a *woman's* needs. If you grant your man what his ego requires, you're not sacrificing yourself to fulfill his needs—you're satisfying your own ego cravings to love and to nurture by satisfying his.

When the male ego is hungry, when it's not being fed, its owner is likely to be discontented—and not monogamous. If a woman wants an intimate, loving, faithful relationship, I believe she must realize this. To put it into other words: To ultimately gratify *our* own core needs we must satisfy our lover's psychosexual needs. Thus the basic strategy for keeping your marriage monogamous is: *Feed his ego.*

Skeptics may say: Isn't this another load that we women have to carry—while men are all but excused from duty?

Maybe, yet the reality of today's relationships is that we *do* shoulder the larger burden for everything—from planning the social engagements and initiating long-overdue discussions to making time for sex. Until there are some basic changes in our society—or in the structure of egos—it seems clear to me that women are the custodians of close relationships.

While we all desperately want our men to pull their weight in managing a marriage, intelligent, pragmatic, monogamous women who tell me that their marriages are genuinely happy and satisfying also will admit they're the ones who bear the primary—not the total—responsibility as relationship guardians.

Your turn

Exactly how do you go about applying the strategy of feed-the-ego to get your man to be monogamous?

You've already taken the first step: You've become aware of the hungry ego, both his and yours. You know *his* basic ego needs—conquest, sex, power; and you recognize yours—love, loving and being loved.

The second step is finding out what your man requires on a daily basis for the care and feeding of his ego. To find out exactly what will work most effectively you need *empathy*—the ability and capacity to imagine what another person is thinking and feeling.

How can you use empathy to discover what your mate's specific needs are?

To be empathetic with a man, you first should know that most men won't talk about how they feel and what they want. Have you ever noticed that a man may look as if he's hot under the collar when you want to have a little discussion with him? He actually may be. Many men undergo actual physiological changes when they're faced with "talking about it": Pulse rates *(continued)*

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(continued) and heartbeats increase, and they feel a surge of anxiety. In contrast, recent research points out, women are more comfortable with verbal exchanges, and they take words more literally—for example, he says, "I'll talk to you later"; you wait for the phone call that evening, but to him his words are just a social sign-off. Women also feel more at ease when talking about intimate, emotional issues.

So how are you to get a fix on his specific brand of needs? The answer is not complex: Become a sensitive *observer* of your mate.



Can you answer all of the following questions?

How does he respond if you offer him coffee or orange juice in bed?

"Your husband needs to be reminded regularly that you believe he's smart and wonderful and sexy."

How does he react if you ask him about his work?

Do you know what his favorite sexual fantasies are?

Can you recognize his personal signs of stress?

If he's not interested in sex, do you know why?

I posed these same questions to most of the men I interviewed, and a surprising number said their wives wouldn't really know the answers.

These questions should be a jumping-off point to get you to start thinking about what you should be finding out about your husband. You want to know as accurately as possible what he loves, likes, dislikes, detests, and what he wants, thinks, feels, fantasizes about.

An important part of the meticulous observing and sleuthing that leads to great empathy is undiluted *listening*. *Listen* when he's talking with you. Listen when he talks to his colleagues, his friends, his parents. Listening is an invaluable tool, as it accomplishes three important things simultaneously:

- It is an effective means to discover his needs
- It raises your empathy quotient
- It is a remarkably simple way to nourish his ego.

A new approach

The next step to be taken after learning to listen is what I call *repatterning*. Once you're aware of the feed-the-ego principle and you've become empathetic, you'll want to repattern your thinking and your reactions so that you are meeting his needs—and your own—on an ongoing basis.

If you decide to stage a feed-the-ego evening replete with everything from his favorite meat loaf to wearing your prettiest nightgown, that's fine and good, but it's not what I'm talking about. You have to be aware of feed-the-ego in your daily life, to make it part of your automatic response system by repatterning your thinking and behavior.

As you observe him, assess the state of his ego, and then look for ways to nourish it on a simple, everyday basis. This can take the form of bringing him a cup of steaming coffee in bed in the morning if that's what gives him pleasure and makes him feel that he's king of the roost, or it can be something even less time-consuming. "I put toothpaste on his toothbrush at night," one woman told me. "I had done it the night we were married, and he really liked that—it became a love symbol for him."

My friend Claire provides a good illustration of paying attention to ego needs and then repatterning her reactions based on what she's observed. She doesn't deliver coffee or orange juice (she did, however, once bake a seductive lemon-cream pie). In her case, feeding her husband's ego takes a different yet extremely simple form.

"Last weekend Bill and I managed to get away without the children and without work. We started talking about a sticky business thing he'd been involved in, and I told him, 'You really are smart. The way you handled that deal you just described was brilliant.' You won't believe his reaction. The direct sexuality in his response was instantaneous. He said, 'You really think that? Because if you do, I'm about to attack you right this minute.' We had a pretty terrific time that afternoon. . . . That one comment made me see I'd been making a serious mistake by not telling him how much I admire his work and how proud I am of him."

What Claire had done was to take note of Bill's reaction to a simple but sincere compliment, and it made her realize she'd administered a highly effective dose of ego vitamins. The nourishment paid off in several ways: His self-esteem was reinforced, his self-confidence—and his libido—were energized. Claire's ego needs were immediately and generously satisfied by more affection, more intimacy—and some great sex—from her simple but perfectly aimed remark. Once again, I was reminded of what Dr. Train had said.

From that experience Claire became aware that Bill needs small but continuing shots of knowing that she feels he's a pretty terrific guy. She had assumed that he knew she found him wonderful. In fact, he needs to be reminded openly—and regularly—that she believes he's smart and wonderful and sexy.

In the past year Claire has repatterned her thinking and her reactions to Bill. She restyled her responses to meet his ego needs. She now tells him he's terrific or brilliant when he's made a move that she admires or respects. She's not being gushy, and she's never insincere, because it's not in her nature to be anything but direct and honest. What she's done is repatterned her behavior to be much more verbal about telling Bill what he needs to hear.

"At first I thought he would think I was overdoing it," she told me. "It seemed so obvious to say 'that was great, you're terrific,' but he responded every time by being more affectionate and paying much more attention to me. I can't deny that the feed-the-ego thing is amazingly effective."

What does it take to get *your* man's number? My advice is simply this:

- Understand that his ego is hungry for sex, power and achievement.
- Make a conscious, deliberate choice to feed that ego.
- Listen, empathize and repattern your thinking to fulfill those ego needs.
- Be terrific in bed. (Look for specifics on how to in the August issue of *LHJ*.)
- Remember that your own hungry ego will be amply nourished and rewarded if you follow the above. ■

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short story

Homesick



Nicky's parents are talking about divorce. Can his grandmother comfort this lonely and frightened little boy? Read a touching tale of love across the generations

By James Glickman

Louise hugged her daughter-in-law, Janice—who used to call herself Jan until last summer—and warmly murmured a few words of welcome. Louise did the same for her son, Tom, when he got out of the car. She was uncomfortably aware that she was measuring out her greetings so she didn't appear to favor one over the other. Her grandson, Nicky, got out last, stiff as an old man, his tense face relaxing only a little as she squeezed him. She cried, "Look at you!" and told him how big he was getting. He almost smiled after they compared tans and found his was darker. His face soon closed again, and he shrugged.

They decided to go for a quick swim in the little pond in back before lunch, Tom saying in a phony Old West accent that "it'll git that chokin' trail dust outta ar throats." Louise laughed, genuinely amused. She noticed that neither Janice nor Nicky reacted. The ride from the city, she gathered, had been a strained one.

Janice looked fashionable as always, and—to Louise's eyes—scrawny as a plucked chicken. Her fingernails and toenails were painted pomegranate, and her rings and gold chains gleamed in the bright summer sun. When she changed into her bathing suit, however, she no longer looked scrawny but lean and sharp like a new car. Janice was the last one in the water, but she knifed into it in an almost splashless dive and glided swiftly past with practiced, effortless strokes. Nicky said the bottom was yucky. Tom dove under him and tugged on his foot. As he came up, Nicky splashed water at him, and they wrestled noisily. Nicky finally dunked his father for so long that Louise's own chest began to ache in sympathy. At last Tom erupted from the water and roared that he was sending Nicky deep to the yucky bottom. Nicky screamed with shivering, silvery fear, and the two of them raced violently toward shore.

Janice had already told her that she and Tom would probably separate. They were going to Vermont this weekend "to see one more time if we can sort things out." Louise's house in Massachusetts was on the way, and they thought Nicky would be happier with her than with a babysitter. "We thought you might

(continued)

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want some company, too," she said.

As Janice knew, yes, actually she would like some company, even if she had no idea what to do with a nine-year-old for an entire weekend. Her husband, Jack, always used to know what to do with Nicky and with Tom when he was a little boy. But it had been—was it *possible*?—nearly thirty years since Tom was Nicky's age. At the moment, with his hair wet and plastered down over his forehead, Tommy looked startlingly like a boy again. As he turned and bent to pick up a towel, Louise saw his tanned bald spot. The brief, sweet sense she had of time suspended disappeared with the swiftness of a fish flicking from sun to shadow. The ache that followed forced her to think of something else, so she watched Janice step out of the water and called for her to be careful on the slippery rocks.

Janice was always shy around Louise in person, and she wondered whether it was the result of Janice's long, confiding phone calls. Certainly Louise knew more about her daughter-in-law than she did about her son. Even if her confidences weren't always especially welcome, knowledge was better than ignorance. At least that was what she told herself when Janice confided in her a few years ago about Tom's having an affair with an actress friend of theirs.

It was hard not to entertain the idea that perhaps ignorance was better sometimes. What was touching to her through it all, though—through their therapy, the couple counseling, the phone calls—was that Janice still seemed to think that Louise, of all people, would have the answer. "You seem so . . . intact," Janice had said.

"Do I?" she had replied. "I think I'm a woman with very gray hair. And a sense of reserve some people confuse with wisdom." Good Lord: answers. Why, she didn't even know if her own son had turned out all right. The closest in fifteen years he had come to saying something personal about h self was two months and eight days ago at Jack's fune Jack, hale and looking at least a decade younger than age, had felt ill for less than a week when he went to see doctor. It was less than a week after that that the surg opened Jack up and found the cancerous liver. And it was than a week after that that her husband was dead. Lo had never dreamed you could die so fast from cancer.

What Tom said was, "Dad's dying reminds me. shouldn't drift so much. You or I could go anytime. I me what if you feel you haven't really lived?" Louise's he sank. What did Tom think he had been doing all th years?



At lunch, Ni was too and too happy to ans in more thar few words Loui questions. and Janice v too tense and preoccupied have a conve tion. Not ha Jack there to any jokes or ries, Louise fo she was act ly perspiring the effort of k ing them from ing engulfed b lence. Sudde even her res crumbling, was talking a how difficult life had becom

"All those th you take for gr ed. A plate can't reach, financial arra ments he took of. A partne conversation keep visitors you from bein glum. Someon wake up next It's all gone. I to read in newspaper a some eighty-y old woman lo her husband, I'd think, 'V they had a long together, parting must be easier at that age.' I'm si three, and the only way it could be any harder would b were older. Forty-two years of marriage, most of ther this house. And I don't know whether to move or to s The place is too much for me, and it's never seemed em er. But the mortgage is paid off, so it's less expensive anywhere else. I don't know. Jack would be able to ana just what would be best to do."

Nicky and Janice and Tom were looking at her. sounded odd to herself, but she went on. *(contin*

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V24



HOMESICK
continued

"I've had to hire someone for the lawn, and I'm reading about taking care of the garden. Every time I eat something from it, I think I'm eating something Jack planted, and isn't that nice? And then I think I'll never get a chance to eat anything he planted again." Tom looked at his plate uncomfortably. Janice pointed at Nicky to finish the coleslaw. Louise was suddenly angry at these three self-absorbed people at her lunch table. She wanted to tell them that if this weekend didn't work out for them, they should count themselves lucky. *They* at least would have gotten their loss behind them.

The sound of bees humming reached her. She remembered Tom and his butterfly collection from junior high school. He spent weeks netting the butterflies, closing them in the jar with the cleaning fluid, mounting them painstakingly on Styrofoam with pins, labeling each one in his careful printing. He got them back from his science teacher with an A+. Tom looked at the collection, and his mouth quivered down at the corners.

"What's wrong?" she had asked.

"You get to keep them this way. But look at them." He turned to her, almost shocked. "They're dead."

She hadn't thought of that moment in years—not since he had decided at the end of medical school to become a pediatrician. Jack, who taught psychology after retiring from being a Navy chaplain, had hoped Tom would be a surgeon. Louise knew he felt more and more that his life as a chaplain and even as a psychologist made him deal too much with the intangible and the invisible. As a result, Jack imagined surgeons had a satisfyingly brisk and unambiguous professional life. She told him about the butterfly collection to explain why it was better that Tom be a pediatrician. His patients would have a lower mortality rate than a surgeon's. Louise did not discuss what she thought was another reason for Tom's choice. Because Jack had left them for long periods of time, tours of duty in Korea and the Philippines, Louise suspected Tommy wanted to watch kids grow up to see if he could find the obscure thing he felt he had missed out on.

Janice excused herself from the table, saying she had to call her real estate office. A few minutes later, as Louise cleared away the dishes, she saw Tom reflected in the hall mirror. He was carefully picking up the downstairs phone. His mouth turning d in the same way it did in junior school, he listened for a few mom his hand pressed tightly over th ceiver. Louise resumed carrying a the dishes, wishing she hadn't loo

After Tom and Janice left wit most headlong haste, Louise a Nicky what he wanted to do. could work on some projects toge go to a petting zoo, or he could swi the pool at the private school w she taught.

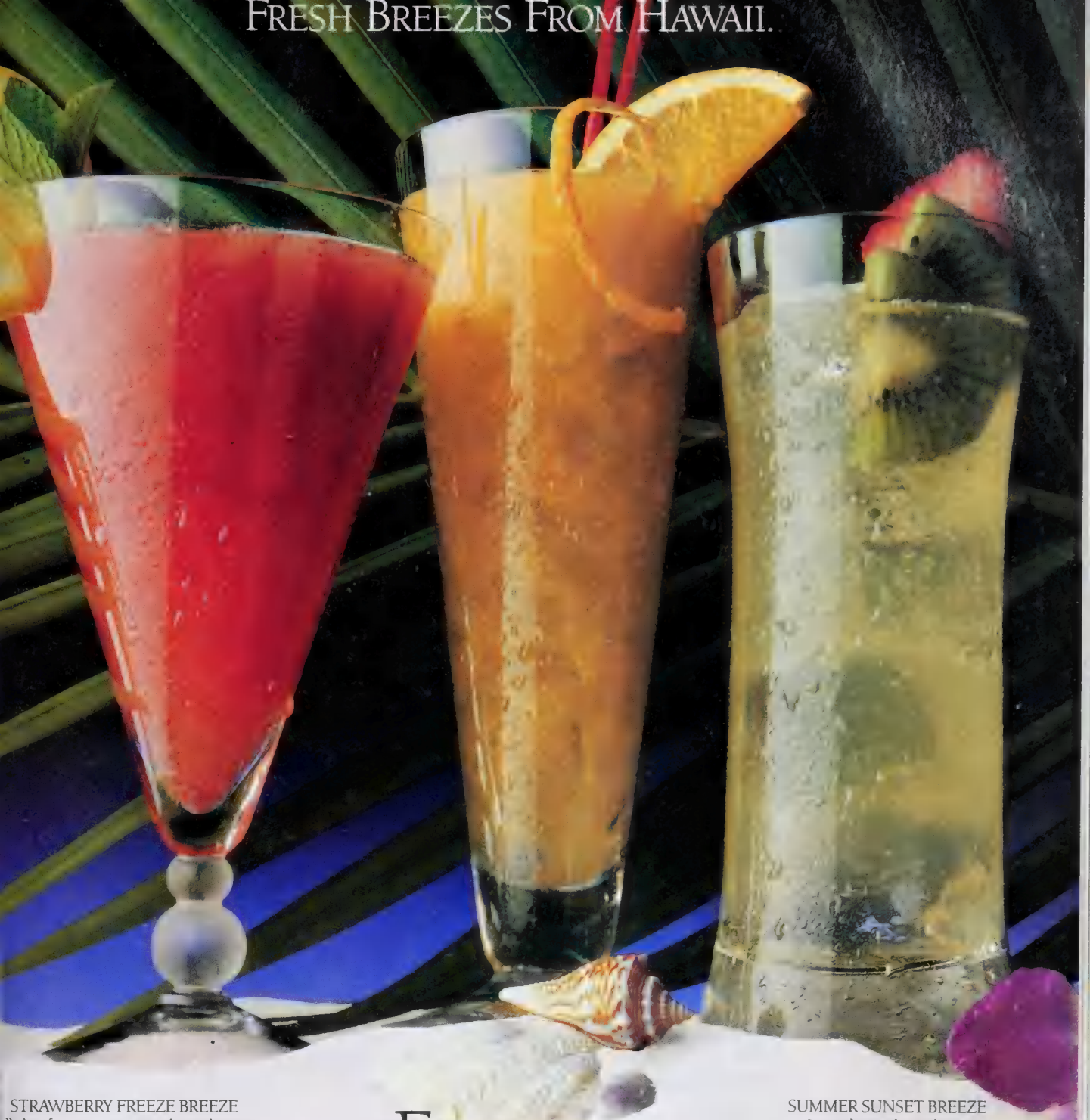
"I almost always see some other dren there," she said. Nicky shru his face a blank, all signs of life see pressed into his bright, watchful e

"We can try any of them, dea we can do them all."

"Swimming," he said. "At the p

They went, but only very young dren with very young mothers there. There was not a familiar fa the group. Nicky splashed ar soon bored. The petting zoo prov be dreary and mostly for chi younger than Nicky. It turned o was not nearly as interested in maging through and cleaning ou attics as his father was. Louise dered what Jack would have done him work in the garden, shown good trees to climb, *(conti*

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Garnish: mint sprigs

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*Sugar used will vary depending on sweet- s of berries. Add more if desired.

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Garnish: cantaloupe and orange slices

Place all ingredients except garnish in blender. Blend until smooth. Garnish. About 3 cups.

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HOMESICK
continued

played catch. Man-work and boy-play. She opened the paper and pointed Nicky to the movie listings. He'd seen every film they had that wasn't rated R, and even some that were.

"You go to R-rated movies?"

"If it's just sex and swearing," he said. "I don't," he complained, "get to see violence."

Temporarily at the bottom of her bag of tricks, she asked him to pick out and help make dessert.

The high, clear light of the sky thinned in the gathering dusk. She looked out the kitchen window as she washed some bowls and measuring cups. The house was just beginning to smell of baking. She saw plain as day that Jack was standing in the garden, bent over to inspect the leaf of a plant. She stared at his tall spare figure, blinked, and he was gone. This made the third time she had been convinced during some absent moment that he was still there. She heard Nicky in the den watching television. A faint breeze stirred, carrying in from outside the cool sharp smell of pinesap. Out of nowhere, and with pleasure, she thought Christmas would come before you knew it, and she imagined snow outside and their tinseled spruce with the lights and the brightly wrapped presents. She thought of sleds and family dinners and laughter. A small hole appeared in the picture, then grew, swallowing it completely: Jack would not be there. Before the tears spilled down her cheeks, she thought this feeling was both new and achingly familiar to her, like the sound of some melancholy music she hadn't heard for fifty years.

It wasn't until she got Nicky ready for sleep that she recognized it. Lying in bed, he asked, his voice stretched thin with fear, if his mom and dad were going to get divorced.

She sat next to him at the edge of the bed and touched his cheek with her hand. "I hope not."

"What if they are?"

"They'll both still love you very much." She smoothed the fading Muppet sheets she had bought years ago for him to sleep on during his visits. The term *joint custody* occurred to her. She knew, however, it would not be reassuring to him. "And I'll always love you, too," she said. She waited patiently for another question. There was none. "What would you like to do tomorrow? Let's think of something you'd just love to do, and then we can both go to sleep thinking of how mu fun we're going to have." She saw had changed subjects too fast. His fa though not altered in expressi seemed to shrink, as if he were gr ing younger and younger before eyes. Finally, sadness spread over h like some thick syrup.

"You miss your mom and dad?" shook his head no. "You miss your o bed and all your friends?" He shook head again and choked back a sob. eyes, with a baffled inward glint, ro around as if looking for somethi "What is it?" she asked. His chin tre bled, and he let out a long breath. couldn't seem to find the words. " you homesick for the way everyth used to be?"

He nodded. Something in his f relaxed.

Her throat clicked dryly. She lea down and kissed him. "Me, too," got out. "Me, too."

After she turned his lights out a minutes later, she remembered h cool the nights could be sometim She went to get an extra blanket.

A graduate of the Iowa Writers' Wo shop, James Glickman has taught the University of Arizona and R cliffe. He lives in Sturbridge, Mas chusetts.



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FAMILY portrait

"We're just ordinary people"

Far from the White House spotlight, the President's only daughter, Dorothy (Doro) Bush LeBlond, and her husband have a lifestyle you'll understand, juggling two kids and two careers. By Barbara Bronson Gray









Saturdays at the LeBlond house start with the kind of comfortable chaos that most families would recognize. By nine A.M. breakfast is over, but two-year-old Ellie, still hungry, is walking around munching on crackers and clutching a big red apple. Her four-year-old brother, Sam, clad in a Ghostbuster T-shirt and dinosaur sneakers, is clamoring to go to the Y for a swim. Between interruptions to dispense orange juice and read Ellie a book, Billy LeBlond, Doro's thirty-two-year-old husband, is trying vainly to read some business paperwork. Doro, twenty-nine, is planning a trip to the office to organize her files. A full-time working mom for the first time, she recently took a $25,729-a-year job as meetings and conferences coordinator for the Maine Department of Tourism.

Nor is the family's small house, a modified Cape Cod on a quiet cul-de-sac in Cape Elizabeth, Maine—fifteen minutes from Portland—anything extraordinary. There are three bedrooms, a traditionally furnished living room, a dining room that doubles as an office, and an open kitchen-breakfast-family-room area. The kitchen windows overlook a small yard that features a life-size wooden cow.

Yet as the White House memo pad on the dining-room table and the photos of George and Barbara Bush attest, the LeBlonds are *not* just any family. As the President's only daughter, Doro has a life with a few major differences: Secret Service protection is necessary, and a house full of reporters and photographers is not unusual.

Still, the LeBlonds say that the daily challenges they face are familiar to everyone. For instance, their live-in baby-sitter decided to go back to college at the same time Doro accepted her job. So Billy and Doro had to quickly find an alternative—a day-care center a few miles away. Sam and Ellie now attend the center every weekday from eight to five, and Doro worries whether the kids will continue to tolerate the long hours away from home. Yet the LeBlonds say *(continued)*

Doro and Billy think their quiet neighborhood in Maine is the perfect place to be raising four-year-old Sam and two-year-old Ellie. "People here are totally unaffected by the whole First Family thing," Doro says. "I don't want the kids to feel like they're any different from anybody else."





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FAMILY portrait



(continued) that to make ends meet, they both need to work. "It was hard to take a full-time job," Doro says. "I'm comfortable with it now, but I wouldn't do it if the kids weren't well cared for."

On a typical weekday Doro now gets up at five-thirty to get in her four-mile jog. She then makes breakfast, gets the kids dressed and off to day care and drives to her office in Portland—or on some days, to the state capital, Augusta. At night, Billy, who owns a residential contracting business, often picks up the children, and Doro scrambles to make dinner so she'll have time to play with Sam and Ellie before bed.

On the weekends, she runs errands, does the ever-present laundry and cleans the house (she has no paid help). "But I'm trying not to worry about making sure everything's picked up," she says. "Priorities just have to change a lot, because I want to spend the weekend with my kids."

Like many couples, Doro and Billy see parenting as a cooperative effort. Billy, who majored in education at Boston University, has great patience with the children, whether it's reading to them or wiping up spills. Doro, who was a sociology major at Boston College, is the efficient organizer and disciplinarian. "I remember hearing my mother say, 'Clean up your room,' and I say that all the time," she admits. "We had a regular schedule. Bedtime was bedtime, and I'm a lot like that, too."

"My dad would never let his job come before his family," Doro says. She once called him at the White House and was told he was in a televised press conference. "So I turned it on. The second it was over, the phone rings and it's him. That's just the way he is."





Doro remains close to her parents and talks to them often. She calls her mother for "emotional-type" advice, usually chatting with her two or three times a week, "and sometimes every day if I need her." She consults her dad on practical matters, "like when I was looking for a job."

But being part of a famous clan often has a price. "When I got my job, there were some pretty mean letters in the paper, saying I was hired because of who I was. That hurt. Now I just have to work triple time to do a really good job."

It was simply a lucky break that led to her employment, Doro says. "It's a new position, and they were looking for someone at the same time I was looking for work. It turned out to be a good match." Her main duty is to attract businesses to hold their meetings and conferences in Maine.

But right now she's more interested in talking about her hopes for her children. She wants them to be well-educated ("I'd love to send them to prep school if we could afford it," she says wistfully), to know the value of hard work and to keep their family at the center of their lives.

And if they wanted to go into politics? "I'd support them, but I wouldn't encourage it," Doro says. "It's been thrilling, and the ups have been so high, but the downs—the criticism, the times we didn't win—have been so low. I'd be hesitant for my own kids to go through it. I'm kind of thankful it will all be over before they're too impressionable."

Don't worry, Dad—she means in *eight* years. ■

Having a full-time job is teaching Doro to be more flexible as a mom. She now allows Sam and Ellie, who used to go to sleep at seven-thirty every night, to stay up a little later. "I feel too mean making them go to bed a half hour after I get home," Doro says. "I kind of want to see them."



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Mother's pink chiffon gown is stunning from every angle.

Shown smaller than actual
(Mother doll is 17″ in heig

SUMMER RECIPE GUIDE

Presenting a tempting array of festive recipes to brighten your summer menus from the test kitchens of some of America's leading food makers.



Chilled Chocolate Tortoni

1 pkg. (8 oz.) **Baker's**® Semi-Sweet Chocolate or 2 pkgs. (4 oz. ea.) **Baker's**® **German's**® Sweet Chocolate
⅔ cup **Karo**® Light or Dark Corn Syrup
2 cups heavy cream, divided
1½ cups broken chocolate wafers or other crisp cookies
1 cup coarsely chopped walnuts
Prep time: 25 min.

Line 12 (2½-inch) muffin cups with paper liners. In 3-qt. saucepan stir chocolate and corn syrup over low heat just until chocolate melts; remove from heat.* Stir in ½ cup heavy cream until blended. Refrigerate 15 minutes or until cool.

Beat remaining cream until soft peaks form; gently stir into chocolate mixture. Stir in cookies and nuts. Spoon into muffin cups.

Freeze 4 to 6 hours, or until firm. Garnish as desired. Let stand a few minutes before serving. Store covered in freezer up to 1 month. Makes 12.

***Microwave Directions:** In 3-qt. microwavable bowl combine chocolate and corn syrup. Microwave at High (100%) 1 minute; stir. Microwave 1 to 1½ minutes; stir until smooth. Continue as above.

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SUMMER RECIPE GUIDE



Peppers N' Pasta Salad

- 3 tablespoons **Mazola** corn oil
- 3 large cloves garlic, minced or pressed
- ½ cup finely chopped onion
- ½ cup minced red pepper
- ½ cup minced yellow pepper
- ⅓ cup water
- 2 chicken flavor bouillon cubes
- 2 tablespoons chopped fresh basil
- ¼ teaspoon crushed dried red pepper
- 7 ounces Mueller's pasta ruffles, cooked and drained

In large skillet heat corn oil over medium-high heat. Add garlic, onion and red and yellow peppers; saute 4 minutes. Stir in water, bouillon cubes, basil and dried red pepper. Stirring occasionally, bring to boil. Reduce heat and simmer 4 minutes. Spoon over pasta ruffles; toss. Serve on lettuce-lined plates. Makes 6 servings.



Hidden Valley Ranch French Bread

- ½ cup soft butter or margarine
- 2 tsps. **Hidden Valley Ranch**® Milk Recipe **Original Ranch**® Salad Dressing Mix
- 1 loaf french bread

Cut loaf in half horizontally. Blend butter and salad dressing mix. Spread on bread.

Conventional Oven: Wrap bread in foil. Bake at 350°F 10 to 15 minutes.

Microwave Oven: Wrap bread in paper towels. Microwave on high for 1-1½ minutes. (Time is based on use of 650 watt microwave oven.)

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Potato Toppers

Use two 8-10 oz. baked potatoe To prepare potatoes for micr cooking, pierce each one 2-3 times with a fork. Microcook on high power 7-8 minutes.

Prepare the **Stouffer's**® product according to package instructions.

The Mexican Potato

Spoon **Stouffer's Chili Con Carne** o baked potatoes. Garnish with grated cheese, chopped green onion, sour cream and shredded lettuce.

The Oriental Potato

Spoon **Stouffer's Chicken Chow Me** over baked potatoes. Garnish with crushed pineapple and chopped walnuts.

The Formal Potato

Spoon **Stouffer's Lobster Newburg** over baked potatoes. Elegantly simp

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SUMMER RECIPE GUIDE



Mustard Grilling Sauce

- cup **I Can't Believe It's Not Butter!**®
- tablespoons prepared mustard
- tablespoons chopped parsley
- tablespoon lemon juice
- teaspoon pepper

n small bowl or saucepan stir together **I Can't Believe It's Not Butter!,** mustard, parsley, lemon e and pepper until well blended. ush on chicken or fish while grilling proiling. Makes about ½ cup.

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Microwave Cheddar Cheese Sauce

1 cup milk
2 Tbs. butter
2 Tbs. flour
1 cup cheddar cheese, grated

Heat milk for 2 minutes on medium high and set aside. Melt butter for 1 minute on high. Stir in flour and heat 1 minute on high. Briskly stir in warm milk. Blend well. Cook on high 2½ minutes, or until boiling. Stir in cheddar cheese. Blend well.

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Hershey's Easy-Does-It Recipe #11

Deep, Dark Chocolate Cake

1¾ c. unsifted all purpose flour
2 c. sugar
¾ c. **Hershey's** Cocoa
1½ tsps. baking soda
1½ tsps. baking powder
1 tsp. salt
2 eggs
1 c. milk
½ c. vegetable oil
2 tsps. vanilla
1 c. boiling water

Combine dry ingredients in large mixer bowl. Add eggs, milk, oil and vanilla. Beat 2 minutes at medium speed. Stir in boiling water (batter will thin). Pour into greased and floured 13" x 9" x 2" pan. Bake at 350° for 35 to 40 minutes or until cake tester inserted in center comes clean. Cool. Frost with One-Bowl Buttercream Frosting (recipe found on every Cocoa can.)

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SUMMER RECIPE GUIDE



Lipton Taco Burgers

1 envelope **Lipton** Onion Recipe Soup Mix
2 pounds ground beef
½ cup water

In a large bowl, combine all ingredients; shape into 8 patties. Grill or broil until done. Makes 8 servings.

Microwave Directions: Prepare patties as above. Place 4 patties in oblong baking dish and microwave uncovered at HIGH (Full Power) 6 minutes, turning patties once. Repeat with remaining patties. Let stand covered 5 minutes.

For **Tempting Taco Burgers,** top burgers with shredded lettuce and cheddar cheese, and chopped tomatoes.

Tested Recipe from The Lipton Kitchens

Also terrific with Lipton Beefy Onion or Beefy Mushroom Recipe Soup Mix.



Quick Mediterranean Fish

1 medium onion, sliced
2 Tbsp. olive oil
1 clove garlic, crushed
1 can (14½ oz.) **Del Monte**® Italian Style Stewed Tomatoes
3 to 4 Tbsp. medium green chile salsa
¼ tsp. cinnamon
1½ lb. firm fish (halibut, red snapper, sea bass, or cod)
12 stuffed green olives, halved crosswise

Microwave Directions: In 1½ qt. dish, add onion, oil and garlic. Cover; cook on high 3 min.; drain. Add tomatoes, salsa and cinnamon. Top with fish and olives. Cover; cook on high 3 to 4 min. or until fish flakes with fork. 4 to 6 servings.

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Microwave Cooking Corn-On-The-Cob

Wrap each each ear along wi tablespoon of butter or ma garine, if desired, in wax paper. Microwave on HIGH (100% power) 3 minutes per ear.

Cauliflower

Microwave a one pound head on HIGH (100% power) 8 to 10 minute turning over halfway through cooki time. Let stand 5 minutes before serving.

Artichokes

Add a slice of lemon or ½ teaspoon lemon juice to each medium-size artichoke before wrapping. Microw one artichoke on HIGH (100% pow 4 to 5 minutes; 6 to 7 minutes for tw artichokes.

Broccoli

Microwave a one pound bunch on HIGH (100% power) 4 to 6 minute turning over halfway through cook time.

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RECIPE SOUP MIX

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SUMMER RECIPE GUIDE



Old-Fashioned Barbecues

½ cup chopped onion
2 tablespoons butter or margarine
1 cup **Heinz** Tomato Ketchup
½ cup tomato juice
⅓ cup **Heinz** Apple Cider Vinegar
¼ cup firmly packed brown sugar
2 tablespoons **Heinz** Worcestershire Sauce
¼ pound thinly sliced roast beef or baked ham
6 to 8 sandwich buns, split, toasted

In large skillet, sauté onion in butter until tender. Stir in ketchup and next 4 ingredients. Simmer, uncovered, 20 minutes; stir occasionally. Add meat; heat slowly. Serve in toasted buns. Makes 6-8 sandwiches (about 3 cups meat mixture).



Great American Potato Salad

1 cup **Miracle Whip** Salad Dressing
1 teaspoon Kraft Pure Prepared Mustard
½ teaspoon celery seed
½ teaspoon salt
⅛ teaspoon pepper
4 cups cubed cooked potatoes
2 hard-cooked eggs, chopped
½ cup chopped onion
½ cup celery slices
½ cup chopped sweet pickle

Stir together salad dressing, mustard, celery seed, salt and pepper. Add remaining ingredients; mix lightly. Chill. 6 servings

Prep time: 30 minutes plus chilling

Summer Fruit Bowl

½ cup **Miracle Whip** Light Reduced Calorie Salad Dressing
½ cup lemon flavored yogurt
2 cups cantaloupe balls
1 peach, sliced
1 cup strawberry halves
1 cup grapes

Stir together salad dressing and yogurt. Chill. Toss fruit together. Serve with salad dressing mixture. 4 servings

Prep time: 20 minutes plus chilling



Tangy Tortellini Salad

1 (8-oz.) can **Hunt's** Tomato Sauce
½ cup Wesson Oil
⅓ cup red wine vinegar
½ teasp. seasoned salt
¼ teasp. each: garlic powder, celery seed, pepper and oregano
1 (7-oz.) box tortellini, cooked according to package directions; rinsed and drained
1 cup julienne-cut ham OR salami
1 cup julienne-cut red bell peppers
1 (2¼-oz.) can sliced ripe black olives, drained
¼ cup chopped red onions
Lettuce leaves

In medium bowl, whisk together first 8 ingredients. Cover and refrigerate until ready to use. In large bowl, mix tortellini, ham, bell peppers, olives and onions. Pour ½ dressing over tortellini; toss gently to coat. Arrange on lettuce leaves and top with remaining dressing before serving. Makes 4 to 6 servings.

Heinz

KRAFT Miracle Whip

Hunt's

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Produced by Susan M. Parkes
Text by Carolyn B. Noyes

A touch of class

What's the secret to the celebs' signature styles? For most, it's as simple as donning an outstanding accessory. We asked stars with a flair for fashion to reveal a few of their favorite things . . .


Elizabeth Taylor

Do all Elizabeths adore their handbags? We know two who do. Just as the Queen is rarely seen without her trademark tote, **Elizabeth Taylor** confesses to a passion for petite pocketbooks, too.

Not much can outshine **Joan Collins**'s own twenty-four-carat glitz and glamour, but her *Dynasty*-style baubles sure try. Joan considers her attention-getting gems—especially this dazzling choker—essential for a grand entrance.


Katherine Helmond

Model-perfect **Christina Ferrare** just loves a French accent. In fact, she's stuck on Coco Chanel's silk flowers, pinning them on everything from her sophisticated haute couture evening gowns to knock-around weekend wear.


Christina Ferrare


Joan Collins

There she is, Miss America—of 1957, that is. What's **Mary Ann Mobley**'s in-an-instant winning beauty booster? Hair ribbons. She uses them to dress up an everyday ponytail and to weave through a sleek braid for a best-tressed twist.


Sheree Wilson

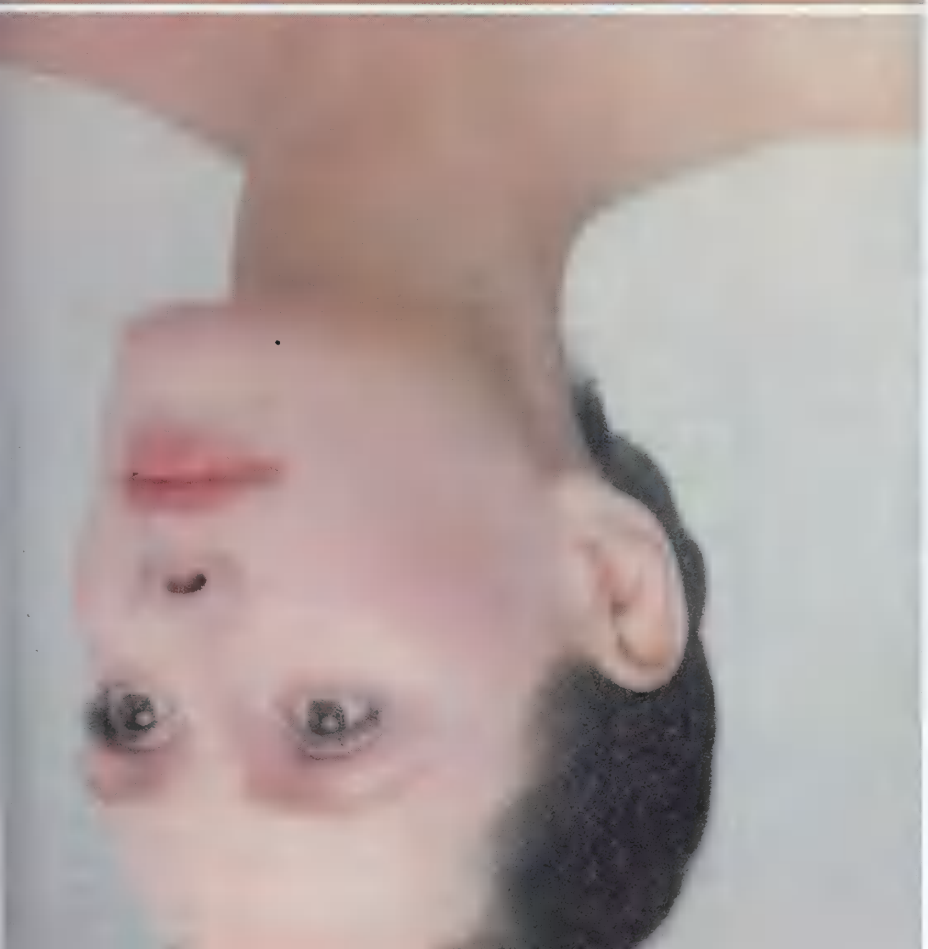
It's a wrap! *Who's the Boss* star **Katherine Helmond** says she heads for one of her many overstuffed scarf drawers (she has three of them!) when she wants to spruce up an outfit. Whether she ties them in perfect bows, secures them with a pretty clip or drapes them seductively over her shoulders, scarves have become Katherine's accessory necessity.


Mary Ann Mobley

In the wardrobe of *Dallas* star **Sheree Wilson**, everything goes to waist! She simply cinches on a belt to carve out curves, add a splash of color to a monochromatic outfit and pull together separates for top-to-toe chic.

Photos from left: Walter McBride/Retna; Barry Talesnick/Retna; Charles William Bush; Tom Vollick; Steve Granitz/Retna; Bottom: Charles William Bush







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WOMEN GETTING AHEAD

By Shirley Sloan Fader

How to quit

I'm looking for a better job. When I find it, how do I quit without turning my present boss into an angry enemy? I live in a small town and could have a permanent problem if I don't do it right.

A No matter where you live—large city or small town—it's wise to leave good feelings behind when you change jobs. You never know when you'll meet colleagues again at other companies, where they can turn up as co-workers, customers or even bosses. Be sure to mention that you're very sorry to leave, both in person when you announce you're going to another job, and later in your formal letter of resignation. Reassure them that the new job is simply an opportunity that is too good to pass up. Avoid all complaints and accusations about your current job. And never bad-mouth this job when you go to the new one. Giving your boss a list of projects you'll complete and offering to train your replacement can further bolster her positive image of you.

Busybody

A woman I work with is always asking me personal questions on things like our family budget and my teenage son's behavior. She has an important job, and I don't want to make an enemy of her, but I would like to know how to stop having these discussions with her.

A Remember, no law says you have to answer every question that's asked of you. People like your co-worker depend on your basic politeness to pry the information out of you. Protect yourself by developing some bland stock answers that you can deliver pleasantly, such as "everything just seems to work so well that I don't notice the details." Then go off in another direction by starting on a different topic.

Nonprofit negotiation

I've been offered a job with a charity that raises money for medical research. I'd love to do that kind of work, but they want me to take 15 percent less than I'm currently making because they are a nonprofit group. I can't live on that, but I don't know how to talk with them about it.

A It's crucial for you to try to get appropriate compensation in this position—both for your current budget and your future career. Should you try to return to private industry, you'll find it difficult to raise your salary back to its previous level. You can try using the following logic with your prospective employer: Point out that the foundation must pay full price for things like supplies—paper, office equipment, and so on. So why shouldn't they pay a normal business rate for your services, too? Add that, of course, you expect to contribute 100 percent to your work.

In the news

Scheduling scorecard

Want to leave work by three and get home to spend time after school with your kids? Your chances are constantly improving. Flextime is flexing its muscles, according to a survey by the Administrative Management Society, a national managers' organization based in Philadelphia. The latest results show that 31 percent of companies checked offer flexible schedules, up from 15 percent in 1977. Since the trend is spreading, it's worth asking about when you change jobs—or even with your current employer. Remember, companies now admit that the program helps them retain good employees.

Pension retention

You'll probably hold a number of jobs in your career. Wouldn't it be great if you could transfer accumulated pension rights from job to job? That's the idea behind a new pension-portability measure expected to be reintroduced in Congress this year and supported by Secretary of Labor Elizabeth Dole. (The House of Representatives approved the measure last year, but it died in the Senate.) Write your representatives to support the bill.

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715. R.E.M.: Green nge Crush, Pop Song etc. (Warner Bros.)

602. Elton John: Reg kes Back • Elton's 22nd l album! (MCA)

134. D.J. Jazzy Jeff & Fresh Prince: He's D.J., I'm The Rapper e)

200478. Metallica: And Justice For All • #1 Speed metal band! (Elektra)

223559. The Beach Boys: Endless Summer • 21 timeless hits! (Capitol)

100532. Diane Schuur: Talkin' 'Bout You • Cry Me A River, etc. (GRP)

Bon Jovi: New Jersey 100516


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192. Pops In Space Williams & The on Pops. Music from Wars, The Empire es Back, more. (Philips TAL)

182. Tracy Chapman Car, Talkin' 'Bout A olution, etc. (Elektra)

165. Bobby McFerrin: ple Pleasures • Don't y Be Happy, etc. (EMI)

106. Simon & unkel: The Concert ntral Park • All-time ics! (Warner Bros.)

179. Tchaikovsky, 1812 ture; Romeo And t; Nutcracker Suite ago Symph. Orch./ (London *DIGITAL*)

159. Cocktail (Original ndtrack) • (Elektra)

100604. Heifetz: The Decca Masters, Vol. 1 Golliwog's Cakewalk, Clair de lune, many more. (MCA)

100035. Robert Palmer: Heavy Nova • Simply Irresistible, More Than Ever, etc. (EMI)

123385. The Best Of Eric Clapton: Time Pieces (Polydor)

100579. K. T. Oslin: This Woman • Hold Me, Money, title song, more. (RCA)

100470. Vangelis: Direct New Age Meditations, The Motion Of Stars, The Will Of The Wind, etc. (Arista)

153983. Charlie Parker: Compact Jazz • Now's The Time, Night And Day. (Verve)

154135. The Best Of Steely Dan: Decade 14 hits. (MCA)

104871. Supertramp: Classics (14 Greatest Hits) • The Logical Song, Give A Little Bit, more. (A&M)

144578. The Judds': Greatest Hits • (RCA)

115356. Pinnock: Vivaldi, The 4 Seasons • Simon Standage, violin; etc. (Archiv *DIGITAL*)

114780. Cinderella: Long Cold Winter • Gypsy Road, Don't Know What You Got, more. (Mercury)

134347. Huey Lewis: Small World • (Chrysalis)

173406. Jazz CD Sampler Over 67 minutes of jazz. (Polygram)

100467. Beethoven, Symphony No. 9 (Choral) London Classical Players/ Norrington. (Angel *DIGITAL*)

123721. Jimmy Page: Outrider • Led Zeppelin guitarist's solo flight! (Geffen)

134321. Led Zeppelin: Houses Of The Holy (Atlantic)



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270106. An Evening With Louis Armstrong • (GNP Crescendo)

262889. Virgil Fox: The Digital Fox • Organ music by Bach, others. (Bainbridge *DIGITAL*)

209468. Perlman: Brahms, Violin Sonatas (Angel *DIGITAL*)

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153606. INXS: Kick • Need You Tonight, Devil Inside, etc. (Atlantic)

100517. Phil Collins: Buster/Soundtrack • Groovy Kind of Love, Two Hearts, etc. (Atlantic)



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153740. Genesis: Invisible Touch • (Atlantic)

163579. Andrés Segovia Plays Rodrigo, Ponce & Torroba • Fantasia para un Gentilhombre, Concierto del Sur, Castles Of Spain. (MCA)

100679. Steve Earle: Copperhead Road • (UNI)

134267. Marriner: Mozart, Overtures • Academy of St. Martin. (Angel *DIGITAL*)

125360. By Request...The Best Of John Williams & The Boston Pops • Olympic Fanfare, Liberty Fanfare, more. (Philips *DIGITAL*)

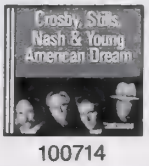
134627. Classic Old & Gold, Vol. 1 • 20 hits! (Laurie)

104857. Benny Goodman: Sing, Sing, Sing • (RCA)

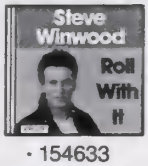
115306. Pinnock: Handel, Water Music • The English Concert. "A winner."—Ovation (Archiv *DIGITAL*)



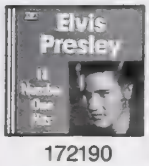
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BREAST CANCER update

Ladies' Home Journal is committed to giving readers the latest information on a disease that strikes one in every ten women at some point and kills more than forty thousand women every year in the United States. Here, a special LHJ study of female doctors' attitudes toward the disease women fear most—plus the news about treatment and prevention

By Dr. Sandra Bulow-Hube

Women who have breast cancer are familiar with the feelings of fear, anger and futility that threaten to overwhelm them when they are told their diagnosis. Is the reaction any different when the woman is someone who deals with illness every day?

To find out, *LHJ* surveyed 505 female physicians, with an average age of forty, who specialize in internal medicine, family practice and gynecology. What would their emotional response be, we asked, if they were told they had an infiltrating ductal carcinoma, the most common type of breast cancer? What treatment would they choose if they were diagnosed with this early-stage malignancy?

A feeling of loss

Not surprisingly, knowledge is often not strong enough to overcome fear when a woman doctor is told she has breast cancer: Sixty-seven percent of the physicians said their first reaction would be to cry. A thirty-six-year-old doctor who has had the disease said hearing the diagnosis was "like being hit in the stomach."

But the respondents also wouldn't let their emotions rule them; 83 percent said they would get medical treatment right away. Slightly more than half, 55 percent, said they would be afraid of dying. At the same time, however, the vast majority, 71 percent, said they knew they would have a good chance of overcoming the disease. Among the other intriguing results of our survey:

- Women doctors are not doing all they can to monitor their breast health. Nearly one third of the respondents who are forty and over have not had a mammogram, even though the American Cancer Society (ACS) recommends that all women have their first mammogram between thirty-five and forty. Similarly, although ACS recommends monthly breast self-exams (BSE), 23 percent of respondents say they do not do them.
- Women doctors are less likely than laywomen to choose aggressive breast-cancer treatment. While more than two thirds of all laywomen opt for a modified radical mastectomy, only 41 percent of the doctors would choose this procedure. Modified radical mastectomy is the removal

(continued)



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(continued) of the breast, the lining that covers chest muscles, underarm lymph nodes, and sometimes the smaller of the two chest muscles. Over half the doctors would save as much breast tissue as possible by choosing lumpectomy or segmental mastectomy. In a lumpectomy, the tumor and some surrounding tissue are removed; in segmental mastectomy the tumor, a wedge of surrounding tissue and skin, and some chest-muscle lining are removed. Both procedures are followed by radiation, and surgeons often sample lymph nodes to see if disease has spread.

- Respondents' attitude toward breast reconstruction varied according to age. Fully 85 percent of the women physicians who were under thirty-five would opt for reconstruction following mastectomy, but only 56 percent of the doctors over forty-five said they would choose that procedure.
- Although none of the doctors would choose unproven treatments, such as macrobiotic diets and meditation, as their primary therapy, some said they would use them to supplement mainstream medical treatment. One forty-nine-year-old physician who had had breast cancer said visualizing the malignant cells disappearing from her body helped her feel she had some control over the disease. According to the National Alliance of Breast Cancer Organizations, visualization is now an accepted supplementary technique for treating cancer.

Lessons for all women

What can we learn from the women doctors who answered our survey? The importance of taking prompt action. The physicians say they would not delay seeking treatment if they discovered a lump or other symptom. Since most breast cancers are discovered by the woman herself, and early-stage tumors are often curable, the importance of self-exams cannot be overemphasized.

There are three steps you can take to aid early detection: Do a BSE every month, follow recommended mammogram guidelines (see below), and have routine breast exams by a health professional. The ACS says women under forty should have a breast exam every three years; women forty and over need one every year.

Finally, as female doctors know, women with breast cancer must be active partners in their treatment. Although every patient must make her own decisions about how to cope with the disease, it's clear that women who are well informed about options and who act promptly have the best chance for long-term disease-free survival.

When should you have a mammogram?

35 to 40	Baseline mammogram
41 to 49	Mammogram every 1 to 2 years
50 and over	Annual mammogram

These recommendations, from ACS, are for women without symptoms (lumps, breast pain, discharge, or skin thickening or dimpling). The first mammogram is known as a baseline mammogram; later ones should be compared to it. If you are in a high-risk group, your doctor may recommend that you have a baseline mammogram before thirty-five and that you have more frequent mammograms than other women in your age group.

Sandra Bulow-Hube holds a doctorate in public health from UCLA.

TREATMENT TRENDS

By Nelly Edmondson Gupta and Hillary Sobol

High-tech surgery

A Star Wars–style surgical tool approved by the Food and Drug Administration late last year can help many patients recover faster and with less postoperative pain than those who go under the knife. This should help women needing mastectomies as well as people requiring other surgeries.

The new tool is called a contact laser. Vijay Maker, M.D., chairman of the surgery department at Grant Hospital, in Chicago, has used it to perform more than twenty mastectomies so far.

According to Maker, the contact laser is more precise than existing, noncontact lasers because doctors can apply the light and heat it emits directly to body tissues. This gives surgeons a "feel" similar to that of a scalpel. Older lasers are designed to be held slightly away from the skin.

Its proponents say the contact laser is also more effective than a scalpel, since it cuts cleanly and seals off nerves smoothly, causing less muscle and nerve damage and very little blood loss. Maker also believes that laser surgery kills cancer cells instead of spreading them, as conventional surgery may. Women interested in obtaining names of surgeons in their area using contact lasers can call Surgical Laser Technologies at 800-772-5273.

Given all the benefits of contact- *(continued)*

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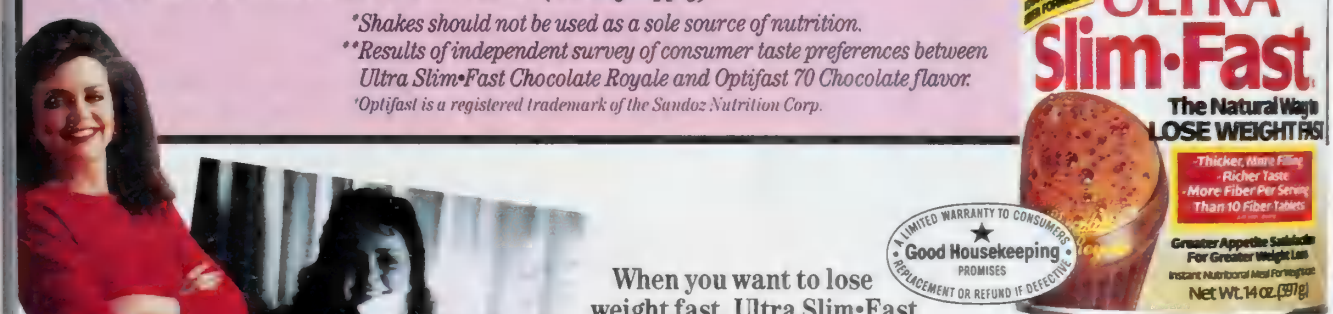
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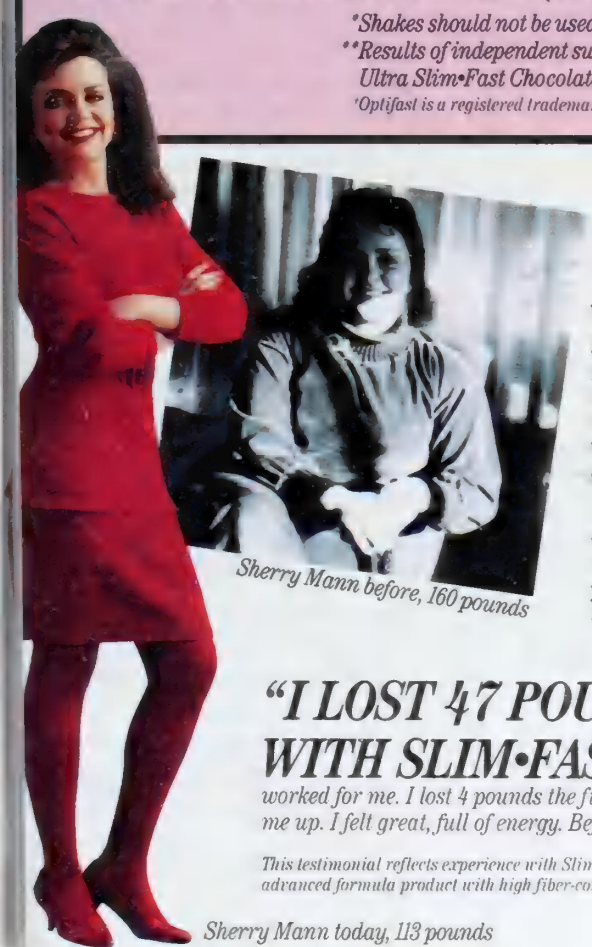
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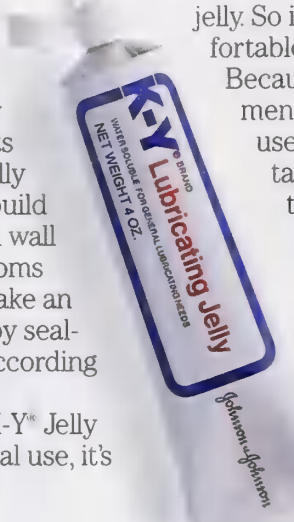
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BREAST CANCER
continued

laser surgery, why do only a handful of hospitals have it? For one thing, this laser is very new, so more experimental and clinical work needs to be done before its full potential will be known. Second, few general surgeons are trained to use lasers. And finally, says Maker, many surgeons are reluctant "to part with tried-and-true practices to which they have grown accustomed."

A new risk factor

Most women know that the risk of developing breast cancer rises with increasing age; women over fifty have a statistically higher risk, as do women who have a personal or family history of breast cancer, are childless or had their first child after age thirty. Now there's a newly discovered risk factor: breast density.

A study of 567 women by Audrey F. Saftlas, Ph.D., an epidemiologist at the Centers for Disease Control, in Atlanta, and John Wolfe, M.D., honorary chief of the department of radiology at Hutzel Hospital, in Detroit, found that if a woman's breasts are composed mainly of fat, her chances of developing breast cancer are lower than if her breasts have a high proportion of connective and epithelial tissue.

Specifically, researchers found that women whose mammograms showed a density level of 65 percent or greater had more than four times the risk of developing the disease than women with a density of 5 percent or less.

Contrary to what you might think, you can't tell how dense your brea are by examining them yourself; mammogram, used in conjunction w a hand-held measuring device calle planimeter, can much more accurat determine the density level of yo breasts. Generally speaking, howev breast density tends to decrease as woman gets older and has more ch dren. Also, tall women are more lik than short women to have a high breast density.

Obviously, this is a risk factor y cannot control. But if your first ma mogram reveals that you do have a hi density level, the researchers sugg you adhere strictly to approved ma mographic guidelines.

Predicting the best treatment

Researchers at Tufts University Sch of Medicine, in Boston, have develo a test to help doctors treat women w breast cancer earlier and more eff tively.

According to Shanthi Raam, Ph. associate professor of medicine at Tu the test involves analyzing samples malignant tissue to determine wh patients are likely to benefit from tre ment with hormone-blocking dr such as tamoxifen and those who wo not.

Three fourths of all breast-cancer tients are classified as estrogen-rec tor positive (that is, their tumor grow is stimulated by the hormone estroge Until recently, doctors assumed tl all estrogen-receptor-positive patie should be given tamoxifen to halt tur growth. However, only half these tients respond to hormone therapy.

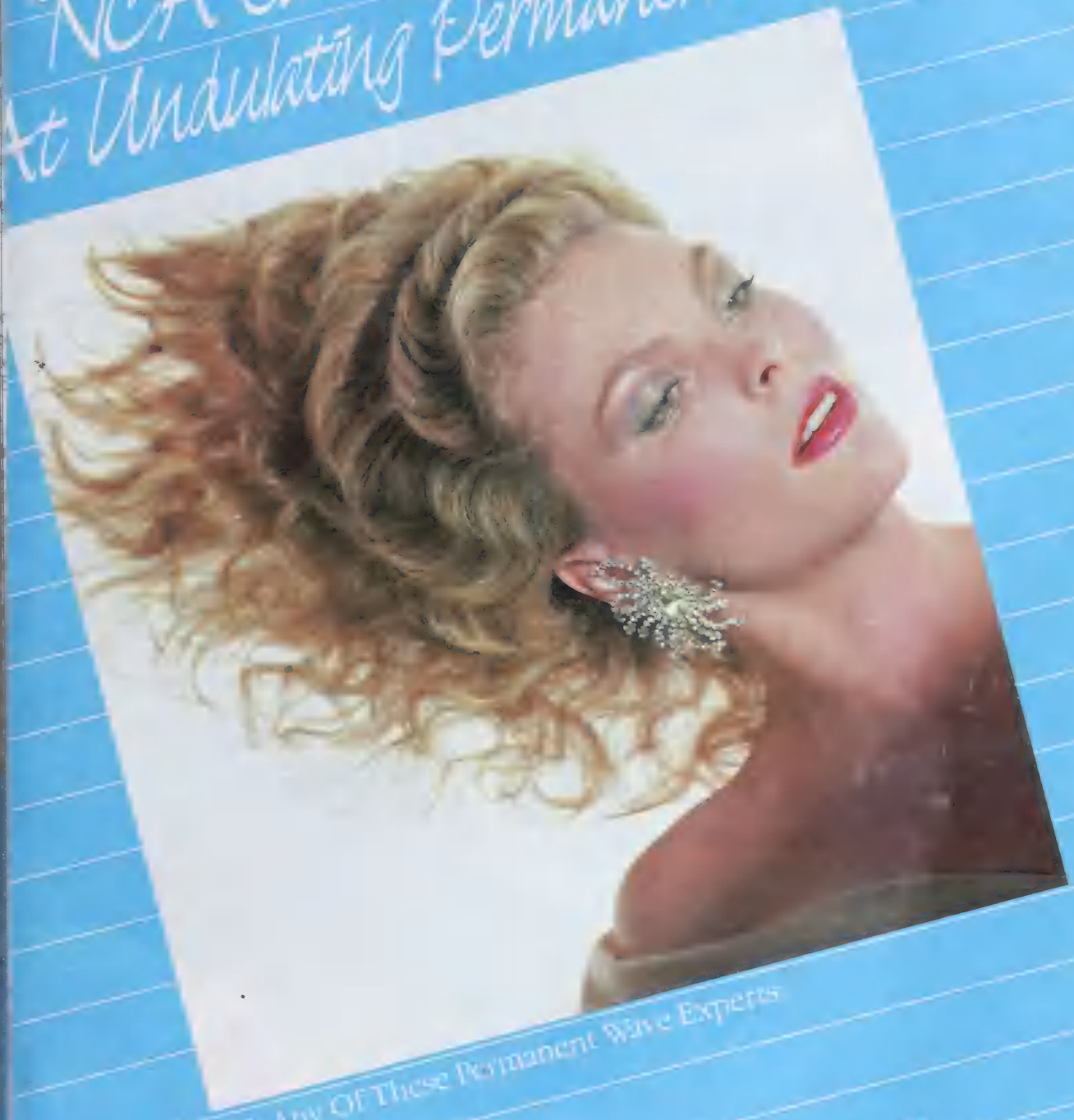
Although the new test won't be wi ly available for about two years, Tu researchers hope that it will eventua help doctors boost survival rates by abling them to match the right tre ment with the right woman so time v not be lost on therapy that won't effective.

For more information about bre cancer, write to the National Allianc Breast Cancer Organizations, 1 Avenue of the Americas, second flo New York, NY 10036

Free breast self-examination ca

Many women find it convenient to exam their breasts while they're in the shower. a helpful monthly reminder, you can rec a shower card from Carefree Panty Shi that shows how to perform breast self- ams. Send a stamped, self-addressed, b ness-size envelope to: Tyme Direct M *LHJ* Shower Card Offer, 250 Hudson Str New York, NY 10013. Offer good w supply lasts.

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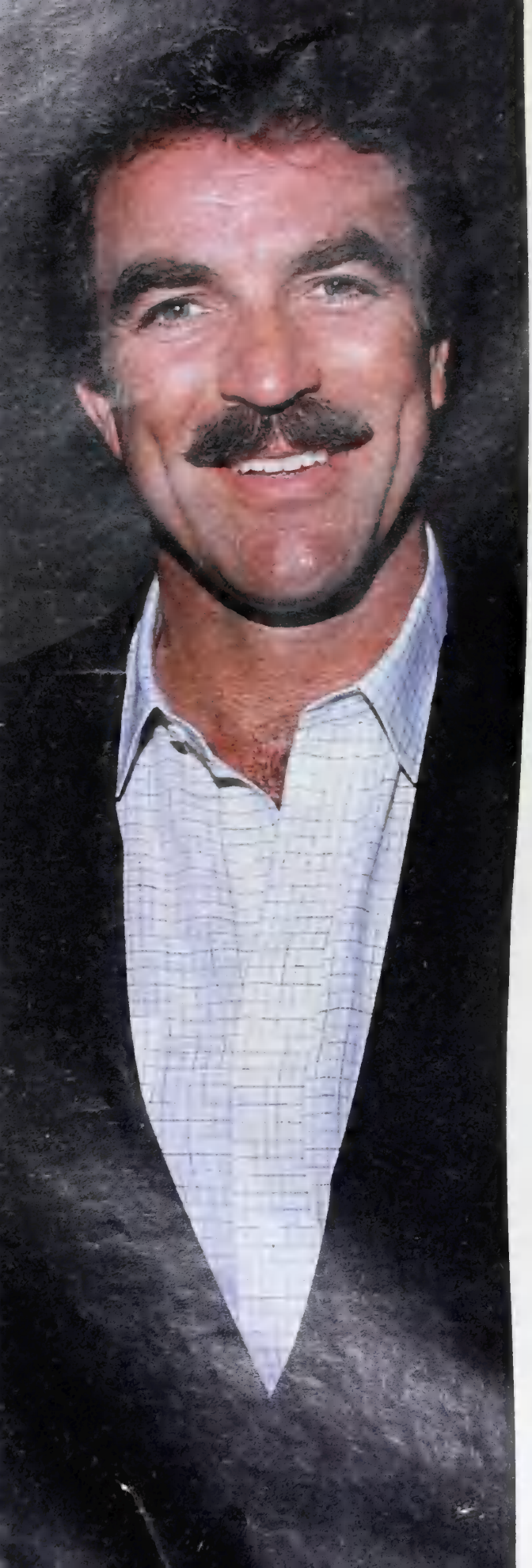




Ladies' Home Journal
July 1989

What's the most prime TV show of all time? Who's our most admired actor? Which Brit's the most regal royal? (Surprise—it's not Di!) In this special Roper poll of one thousand American women, we share their all-American choices for the best—and brightest—stars. When they raved about their favorites, it wasn't necessarily today's trendies who came out on top. Turn the page for our "best" poll ever!





WHO'S THE BEST SINGER OF ALL TIME? If Elvis Presley really is still among us, he'll be all shook up by his number-one showing, with 20 percent of the vote. Even after all these years—and all those pounds—we still love him tender. B-B-Bing Crosby and Barbra Streisand tied for second with 13 percent, but Madonna didn't have a prayer: She polled only 1 percent. **WHO IS TODAY'S BEST ACTRESS?** Streep can make us weep in any accent she chooses. Multi-talented—and -tongued—Meryl was the popular choice for best actress, capturing 28 percent of the ballots. But Kate's also great, even if she speaks only Connecticut Yankee; the feisty Hepburn came in a close second with 27 percent. **WHO'S THE BEST ACTOR?** It's still salad days for Paul Newman, who won 17 percent of the vote. His fellow sundancer, Robert Redford, captured second, while devilish Jack Nicholson took third. **WHO IS THE GREATEST STAR OF ALL TIME?** Newcomers don't pack anywhere near the star power of Hollywood's true legends. It was all ayes for Bette Davis, with Jimmy Stewart and Katharine Hepburn ranking just behind. Fourth place went to that young whippersnapper Clint Eastwood, who's fifty-nine. **WHO'S TODAY'S BEST COMEDIAN?** Hope springs eternal. Twenty-two percent of the respondents chose eighty-six-year-old Bob Hope as their favorite funnyman. Eddie Murphy was second banana, while Robin Williams was the third choice. **WHAT'S THE BEST SCREEN TEAM OF ALL TIME?** Together, they made nine movies—and created more sparks on screen and off than Fourth of July fireworks. The leading duo? Katharine Hepburn and Spencer Tracy, of course, who won the hearts of 19 percent of the women in our survey. Who was on second? A distinctly odder couple: Abbott and Costello, who got 1







the best of the best

percent. **WHO IS THE BEST AUTHOR TO READ ON THE BEACH?** It's no contest—when we think of sand, surf and suntan lotion, we also think of Steel. The prolific Danielle Steel was the first choice of 22 percent, more than double her nearest competitor—Jackie Collins. Jackie's sister, Joan, tied for third (with Judith Krantz). Who's beaching now? **WHO'S THE BEST MAN TO BE STRANDED WITH ON A DESERT ISLAND?** No, it's not Gilligan, but Tom Selleck, who was the overwhelming choice among potential shipwreckees, with 23 percent. Paul Newman was a distant second with 11 percent. And we're still crazy about Patrick Swayze, who came in third. **WHO'S THE BEST BRITISH ROYAL?** The world



may be agog over Princess Di, but she was outpolled by her mother-in-law: Queen Elizabeth received 28 percent of the vote to Diana's 22. Prince Charles reigned third, and that coo-some twosome, Andy and Fergie, ended in a fourth-place tie. Their little princess, Bea, bested Diana's little princes, Harry and Wills, as the best baby royal. **WHAT'S YOUR FAVORITE TV SHOW?** Twenty-seven years after it went off the air, *I Love Lucy* is still on top. Even before her death last April, Lucille Ball was regarded as a national treasure. We'll never stop laughing with the great comedic actress who brought so much joy to so many. Tied for first place is another show still in reruns: *M*A*S*H*, which went off the air in 1983. And what's the pick of the *current* TV crop? Thirty-six percent of the women polled chose *The Cosby Show* as their favorite. *Roseanne* finished sixth, since the poll was conducted before the show had developed a following. So don't get cocky, Cos—Rosie's on your tail.







A. Tannenbaum/Sygma

BESS MYERSON

HOW I SURVIVED

A former Miss America, a New York City commissioner, she was indicted on criminal charges and could have spent the rest of her life in prison. She had been dating a married man, a sewer contractor named Carl "Andy" Capasso, who was born in 1945, the year that she won her title. And when Capasso became entangled in a bitter divorce, prosecutors said, Myerson tried to influence the judge on the case—a frail, elderly woman named Hortense Gabel—to reduce his alimony and child-support payments. The alleged bribe: a city job for the judge's eccentric daughter, Sukhreet. The courtroom proceedings late last year were the stuff of daily headlines, and spectators lined up each morning to get a first-hand look at the drama—and to see the chief prosecution witness, Sukhreet Gabel, testifying against her mother and Bess. At the end of twelve weeks of testimony, after four nerve-racking days of deliberation, the jury acquitted Myerson, Capasso and Hortense Gabel of all charges. Now, with a not-guilty verdict and the "Bess Mess" behind her, Myerson talks for the first time about how she coped with a headline-making scandal—and where she goes from here.

—The editors

"EVERYBODY ASKS ME, 'SO what are you doing now?' " says Bess Myerson. "Why must I be *doing* something? All my life I've been doing. For now, I'm busy being—being quiet, being grateful. Finally, finally, it's time for me. Not the public Bess Myerson. The private me."

For the past four decades Bess Myerson has been a genuine American folk heroine. Born in the Bronx, the child of poor Russian *(continued on page 162)*

BY CINDY ADAMS



Memories of MARY JO

Twenty years ago this month, Ted Kennedy was driving late at night on a remote section of Martha's Vineyard called Chappaquiddick. With him was a campaign worker, Mary Jo Kopechne. Suddenly, the car plunged off a bridge. He escaped; she drowned. The accident shocked the nation and altered American politics. But for Gwen and Joseph Kopechne, the event was, simply, a tragedy from which they have not recovered. In an exclusive interview, they talk about their daughter and the man who was with her when she died



IN THE HOME OF JOSEPH AND Gwen Kopechne, one person is never mentioned by name. "We don't call him Edward Kennedy," says Mrs. Kopechne, her mouth tightening. "In this house, we know him as *The Senator.*"

Such bitterness is understandable, coming from a couple whose lives were blown apart on July 19, 1969, when their only child was killed. That weekend, Mary Jo drowned after leaving a reunion of political workers who had soldiered together in Robert Kennedy's presidential campaign the year before. *(continued)*

By **Jane Farrell**

The two protagonists in the tragedy (left): Mary Jo Kopechne and Ted Kennedy; today, the Kopechnes (above) still grieve. "You never get over it," says Mary Jo's father

Photo, left, AP/Wide World Photos; right, Tom Arm



A young idealist: Mary Jo (above, with Robert F. Kennedy in his Senate office) was drawn to Washington by RFK's political vision. Today, her parents (right) have been left with nothing more than memories of their vibrant daughter

Memories of MARY JO

(continued) In the days following her death, news reports of the accident and its aftermath were filled with innuendos and uncertainties: Had Ted Kennedy been having an affair with the twenty-eight-year-old blond? Could the senator have saved her life after the car he was driving plunged off the narrow bridge into a tidal inlet? Did he contribute to her death by failing to report the accident to police for nine hours?

The incident derailed Ted Kennedy's own hopes for the White House and set new standards for electoral scrutiny: Post-Chappaquiddick, the after-hours life of a politician was no longer off-limits to reporters. Ever since, private conduct has increasingly affected public careers, as Gary Hart and John Tower can testify. And twenty years later, best-sellers are still being written about Ted Kennedy, Mary Jo Kopechne and the event that links their names forever. But for the young woman's parents, the accident has a much more painful significance: the end of their dreams and the beginning of a lifetime of questions. Until now, the Kopechnes have not publicly voiced those questions. But in the most extensive interview they have ever given, the couple spoke to *Ladies' Home Journal* of their grief—and their anger that the mystery of her death has never been fully solved.

Despite the passage of two decades, the Kopechnes' emotions—anguish, confusion, rage—remain very close to the surface. Gwen Kopechne, seventy-one, talks easily for several minutes but then breaks off in mid-sentence, her eyes brimming with tears. Her husband, seventy-six, his face deeply lined, talks with greater difficulty about his daughter, his words coming, haltingly, two or three at a time. As they sit at their dining-room table, the couple touch each other frequently, reassuringly, with the familiarity of a man and woman who have been married for fifty years. Their voices tremble. They do not smile readily.

"It's the little things that make you think about her every day," Gwen Kopechne says. "The salt and pepper shakers need filling; you think, She always filled the salt and pepper shakers. You're making a pie, and you look for her to taste it."

A house of memories

For the past fourteen years, the Kopechnes have lived in a secluded Pennsylvania home, on the top of a hill, at the end of a winding driveway, in the midst of thick foliage. There is no name outside the door.

Although she never lived there, Mary Jo is a palpable presence in the tidy, unpretentious ranch-style house. Her portrait hangs over the piano. Her favorite stuffed animals—a worn teddy bear, a dog, a lion—occupy a corner of the guest room. A mug from Caldwell College, in New Jersey, where she majored in business, is prominently displayed on a bookcase. And on the family-room wall, there is an autographed picture of John F. Kennedy, for whom Mary Jo canvassed in 1960.

Her parents say it was admiration for JFK and his brother Robert that led the young woman into political and social activism, first to an Alabama school where she taught impoverished black children, and then to Washington. There, in the mid-sixties, she got a job in the office of Robert Kennedy, then a senator from New York. She eventually became a "boiler-room girl"—a worker in the operations center—who tallied the delegates for RFK during the 1968 presidential primaries.

"Her ideals were so similar to Robert's," says Mrs. Kopechne. "They believed in helping the poor, the downtrodden."



But, her parents say, Mary Jo did not have the same respect for Edward Kennedy. After RFK was assassinated, she left Capitol Hill and went to work as a campaign organizer for a political-consulting firm in Washington.

"When Robert died, I asked her why she didn't go into the senator's office," Mrs. Kopechne recalls. "She said, 'I don't want to.' "

Her husband adds, "She said he was just a good politician. Period."

After Chappaquiddick, there were rumors of a less impersonal relationship between Ted Kennedy and Mary Jo: Why else, observers asked, would the senator have been driving with her toward a deserted beach late at night? And why were six single women brought to the island for a party with men, most of them married, whose wives were not there? Kennedy denied any affair with Mary Jo, and he insisted that he *(continued)*

Photos, from top: Boissay/Gamma-Liaison, Tom Arma.

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These 1969 photos show the scene of the most controversial accident in American political history. Ted Kennedy drove down a dirt road (above) leading to Dyke Bridge, a wooden structure that was not illuminated at night (right). The car careened off the bridge into Poucha Pond and came to rest upside down in about six feet of water

Memories of MARY JO

(continued) had simply taken a wrong turn that night. Still, the gossip persisted.

The Kopechnes were horrified by what they read about their daughter, a graduate of parochial schools who had at one time considered becoming a nun. Even after she had made a career for herself in Washington, her parents recall, the family routinely vacationed together. "We never lost touch with her," Gwen Kopechne recalls.

Mary Jo was also hoping to marry her boyfriend, a member of the Foreign Service, and would not have been unfaithful to him with Edward Kennedy or anyone else, her parents say. "She wasn't a fickle girl," Mrs. Kopechne says.

"This weekend was perfectly ordinary. These girls who had worked in Robert Kennedy's campaign were scattering to different places, and they [Kennedy aides] were trying to keep them in touch so that when the senator was going to run for president, he'd have an experienced group to help him.

"But none of that came through; there was absolutely nothing decent reported about our daughter," Gwen Kopechne says angrily. "Her name was dragged through the mud."



A mother's grief

For six months following the accident, Mrs. Kopechne submerged her pain in Valium, so much so that all she remembers of her daughter's funeral is what others have told her. "I was completely out of it," she says. "My husband was the one who had to cope."

It was only after she decided to stop taking the tranquilizers, she says, that "I finally realized that something had happened, and I finally started to cry."

The couple are still unsure of the events immediately preceding their daughter's death. They theorize that Mary Jo, who seldom stayed up late, left the party early and fell asleep in the backseat of the car. She was not noticed at first, they believe, by Kennedy and another woman from the party, who swam to safety after the accident. (A purse belonging to a guest was found on the car's front seat, but investigators said she had left it there earlier in the day.)

If the events leading up to the accident are shadowy, the ones immediately following it seem all too clear. According to a statement he made on television within days of the accident, Kennedy, after somehow freeing himself from the car and trying to rescue Mary Jo, left her in the submerged vehicle and walked back to the cottage where the party was still going on. (Along the way, according to news reports, Kennedy passed four houses but did not stop to call police.) The senator said two aides, Paul Markham and Joseph Gargan, returned with him to the car shortly after midnight and tried unsuccessfully to rescue the young woman. Kennedy said he then swam in agitation to the mainland, and he spoke at about two-thirty A.M. to a man later identified as the innkeeper where he was staying. It was not until about nine the next morning that Kennedy reported the accident to police, who would have had a far better chance of saving Mary Jo had they been informed immediately.

One week later, even before an inquest was held, the senator pleaded guilty to a misdemeanor charge of leaving the scene of an accident. He was given a suspended sentence of two months in jail, and his driver's license was suspended for a year.

It is Kennedy's failure to call the police, perhaps because he feared a scandal, that most enrages the Kopechnes. "He was worried about himself, not about Mary Jo," her father says angrily. Equally maddening is the fact that no one who was at the party has said anything to explain how Mary Jo died.

"I'm angry at every one of those girls," his wife adds, her voice growing sharper and her words coming more rapidly. "They should try to explain. Somebody is hiding something. I think all of them were shut up. I think there was a big cover-up and that everybody was paid off. The hearing, the inquest—it was all a farce. The Kennedys had the upper hand, and it's been that way ever since."

Those charges are impossible to prove, however, and the couple finally decided not to sue Kennedy over their daughter's death. "We figured people would think we were looking for blood money," Joseph Kopechne explains. Instead, they received a settlement of $140,904: $90,904 from Kennedy and $50,000 from his insurance company. *(continued on page 159)*

Photos, from top: Boston Herald, UPI/Bettmann Newsphotos.

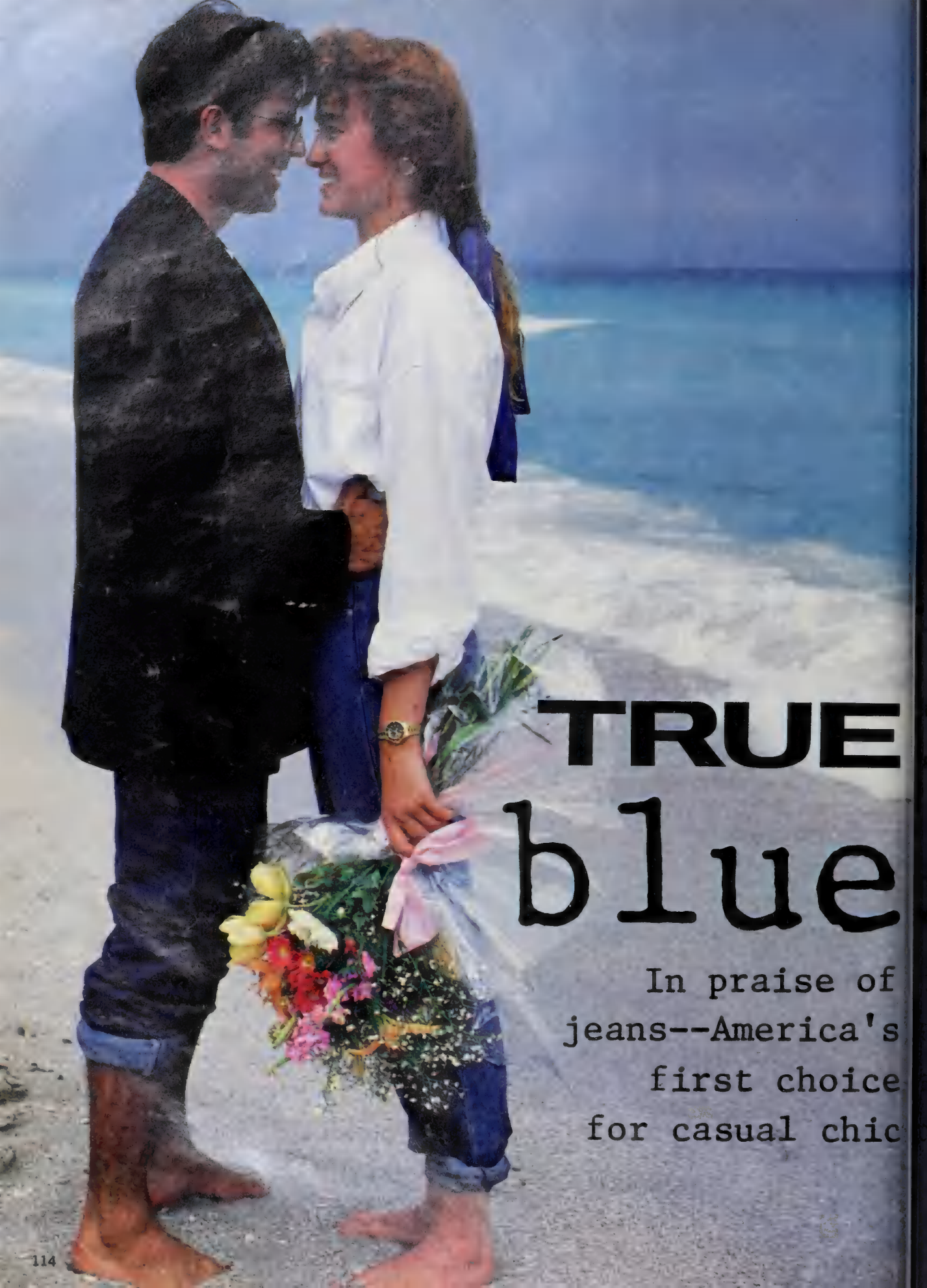
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TRUE blue

In praise of jeans--America's first choice for casual chic

jean scene

We pull on a favorite pair after work, live in them on weekends. Blue jeans are classic—dress 'em up or down, they can go anywhere. Team denim with a big white shirt, status scarf or designer jacket for a sophisticated slant. And everybody's all-American in jeans, button-down tops, tees and baseball caps. On the Western front, jeans are right as rain hitched with hand-tooled belts. Also at home on the range are cowboy hats and boots, bolo ties, overalls, and shirts and vests with fringe benefits.

All photos, Nesti Mendoza; hair and makeup, Karin Action-Peters. Left: jean, Levi Strauss & Co.; man's jacket, Giorgio Armani. Woman's clothing—blouse, DKNY; scarf, Hermès; earrings, Donna Karan for Mishon Mishon; watch, Monet. Top, from left: overalls, Peanut Butter and Jane, NYC; jeans, Lee Jeans at Canal Jeans, NYC; overalls, Osh Kosh; jeans, Ralph Lauren; jeans, Levi Strauss & Co.; jeans, Philippe Adec; overalls, Levi Strauss & Co.; jean, Cerutti, NYC; all bandannas, Canal Jeans. Right: Jeans, Ralph Lauren. Details, page 145.









denim days

Fishing for compliments? Navy jeans are a natural for the nautical look, hyped up with stripy tops and seafaring sneaks. Pastels and denim just happen to be another perfect pair. Mix and match pale pinks, yellows and blues with jeans for a softer style. The newest interpretation of jeans? Knee-length cutoffs and body-hugging skirts with an element of stretch. We love these sexy skirts cinched with an extra-wide belt and teamed with a white top. The shorts look super with a classic jean jacket.

Top left, from left: Skirt, Ruff Hewn; denim hat, Hat Attack; jeans, Levi 501; jeans, Polo by Ralph Lauren; denim shirt, Reminiscence; vest, Levi Strauss & Co.; jean jumper, Ish Knit. Bottom left, from left: Jeans, Guess; jeans, Polo by Ralph Lauren; jean dress, Ralph Lauren; shirt, jeans, Polo by Ralph Lauren. Right: Jean shorts, The Gap; jacket, Jordache at Canal Jeans, NYC; jean skirt, Pepe Jeans. Photographed at the Colonnade Hotel, Coral Gables, FL. Details, page 145.


TRUE
blue

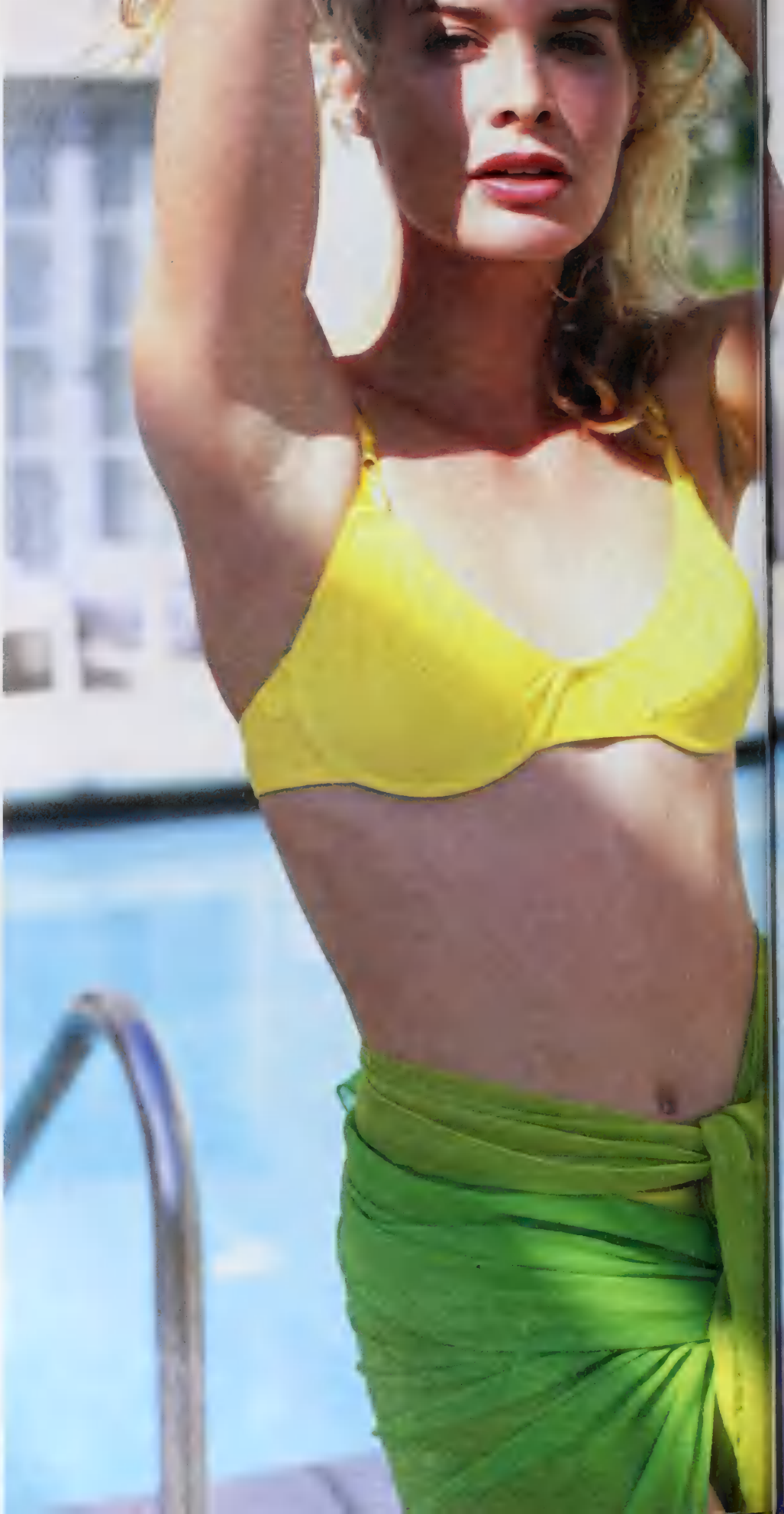


the body

Here are the bare facts for summer: the secrets to the smoothest, sexiest skin ever. By Lois Joy Johnson Beauty and Fashion Editor

PHOTOGRAPHED AT THE COLONNADE HOTEL, CORAL GABLES, FLORIDA.


beautiful



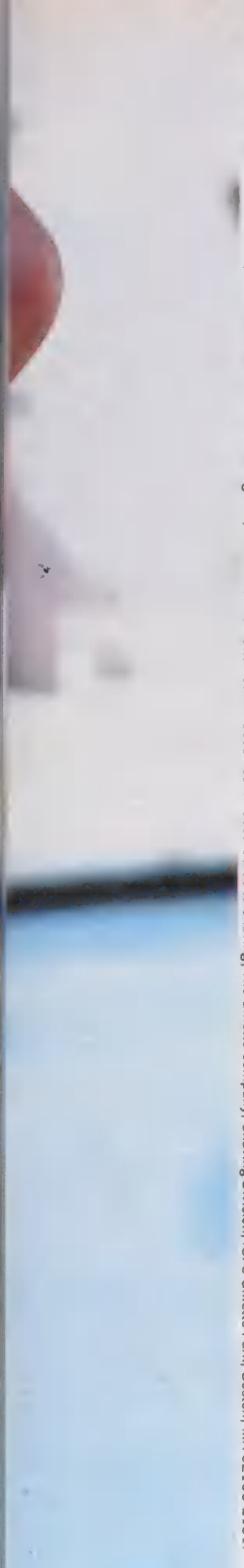
THE RAZOR'S EDGE: EASY STEPS TO THE SILKIEST SHAVE

The fastest, least expensive hair-removal technique is shaving. According to top New York City dermatologist Ronald Sherman, M.D., the best results depend on these basic rules: Always shower or bathe before shaving—soaking makes hair easier to remove, reduces the chance of irritation. Be sure blade is sharp for a close, nickless shave. Never shave without a rich cream—it will let the razor glide. Creams also plump up hairs, making them easier to cut. Regrowth occurs after one or two days. We like Gillette Foamy for Sensitive Skin and Noxzema Shave Cream for Extra Sensitive Skin.

GET-SLEEK TECHNIQUE

Shave in the direction of hair growth to reduce irritation and avoid ingrown hairs. The pros at Gillette advise shaving difficult spots like backs of knees, bikini line and ankles last, when the areas have absorbed as

the body beautiful



for such a brief encounter, skin must be stellar

much lather as possible. Use a light stroke, and don't go over the same area repeatedly. The best razors are twin blades and those designed for women. Three to look for: Personal Touch Disposable Razor by Schick, Gillette Daisy Plus, Gillette Atra for Women.

POST-SHAVE SKIN SAVERS

Sprinkle talc under arms and on bikini area to help ward off redness. Have sensitive skin? Change blades frequently. Apply an over-the-counter hydrocortisone cream if inflammation occurs.

SHAVING AND THE SUN

Shave the night before a day in the sun. Just-shaved skin may become irritated from sunscreen ingredients, chlorine and saltwater (the same holds if you wax or use a depilatory or a bleach). Also, wait twenty-four hours before shaving sunburned skin so puffiness can subside. Contrary to popular belief, you can't shave off a tan—in fact, shaving can enhance a tan because it helps to exfoliate flaky skin.

SMOOTH MOVE: DISSOLVE HAIR WITH DEPILATORIES

If you're not an ace at shaving, look into depilatories—lotions, creams and foams containing chemicals that remove hair just below the skin's surface. As with shaving, hair grows back within a few days, but depilatories yield sleeker results and regrowth is less stubbly. Depilatories can be used at home for legs, underarms, bikini area, stomach, face, forearms and feet.

TOP APPLICATION TIPS

Be sure to follow the package instructions for patch testing. According to Ronald Sherman, you can develop allergies to a chemical at any time. So even if you've used a depilatory successfully in the past, a patch test is still necessary. If you have no reaction to the depilatory, spread it on clean, dry skin thickly and evenly—don't rub into skin. Leave on for five to ten minutes, according to package directions—*never* exceed fifteen minutes. If you're using the product on coarse hair, here's a great tip: Saturate hair with tepid water, pat dry, then apply depilatory. This trick helps the formula dissolve hair more easily. When time is up, rinse off thoroughly with lukewarm water and a washcloth and pat dry. Follow with a generous application of moisturizer boosted with aloe or lanolin. Any redness should be temporary—see a dermatologist if it persists.

ADVICE FROM EXPERTS

For sensitive areas like bikini line and face, the pros recommend that you use the products designed for those areas. If the depilatories you remember had an unpleasant odor, know that the newest ones have improved fragrances or are odor-free. One to try: Nair Bikini Kit. If hair hasn't disappeared after fifteen minutes, do not reapply sooner than twenty-four hours. Never use a depilatory or any hair-removal method on broken or irritated skin.

PHOTOGRAPHED AT THE COLONNADE HOTEL, CORAL GABLES, FLORIDA.

Yellow bikini, Sun Blush; chiffon scarves, John Jacobus. For more shaving info, send for the Gillette Lookin' Good Feelin' Good Guide to Shaving, The Gillette Company, Shaving Division, /8F6 Gillette Park, Boston, MA 02106-2131.



HOW TO BE CARE-FREE TO THE MAX? GO FOR WAX

You'll stay smooth for three to six weeks when you wax off hair—waxing removes hair from below the skin's surface. It can be done in a salon with hot wax or at home with hot or cold wax. Hair must grow a quarter of an inch before rewaxing. Bonus: Regrowth will be softer. Don't wax if you have eczema or any other skin disorder.

SALON SAVVY

If you have your hot-wax treatment at a salon, the wax should be 150°F. to 160°F. Wax that's too cool is hard to pull off. According to NYC skin-care pro Trish McEvoy, if the salon doesn't have a temperature gauge, look at the consistency of the wax. It should resemble thin honey. Approximate costs: $25 to $50 for the full leg, $15 to $30 for the bikini area.

HOME-WAXING WISDOM

Cold wax is easier to apply than hot wax but more difficult to strip



Cardigan, Izod Lacoste; shorts, The Gap; chiffon scarf, Honey Collection.

the body beautiful

bareness is beguiling when you've got nothing to hide

off. Whether you use hot or cold wax, always do a patch test first on upper leg, never on your face, and follow package instructions carefully. Apply wax to clean, dry skin. Tip: Sprinkle on baby powder to reduce irritation. Wax should be applied evenly in the direction of hair growth and pulled off in the opposite direction. To ease stinging, pull off as close as possible to the skin. Try Zip Wax Hair Remover.

AFTER-WAXING FACTS

Powder underarms and bikini area, moisturize legs. Any post-wax irritation should be temporary. If it lasts longer than twenty-four hours, see a dermatologist.

DISGUISE DARK HAIR EASILY WITH BLEACH

Lighten hair on face, hands, forearms and stomach with a cream bleach, at home or at a salon. Depending on the darkness of hair, bleach must be reapplied every one to four weeks.

THE ABC'S OF HOME BLEACHING

Patch-test product on inner arm for the amount of time indicated on package and wipe off. If no irritation occurs after an hour, the bleach is safe for your skin. Mix bleach carefully according to the package instructions. Tip: According to colorist Rita Starnella from top New York City salon La Coupe, adding a teaspoon or two of vegetable oil to bleach mix reduces irritation. Bleach time may vary from package directions. Check color after three minutes—if hair looks orangey, leave on for three minutes more. If hair looks too light, remove bleach immediately. After removing cream, rinse area thoroughly with cool water and moisturize skin.

SUREFIRE CURES FOR SUMMERTIME ACNE

Prone to back and chest breakouts? According to Albert Kligman, M.D., professor of dermatology at the University of Pennsylvania School of Medicine, humidity and direct sun exposure can aggravate acne-prone skin. Even if your face never breaks out, your back and chest may, due to the friction of clothing rubbing against perspiring skin. Clear up the problem with an OTC antibacterial cream formulated with 5 or 10 percent benzoyl peroxide. Conceal pimples with a tinted, medicated coverup that matches your skin tone. We like Noxzema Clear-Ups On-the-Spot Treatment. If condition is severe, see a dermatologist, who can prescribe an oral antibiotic like tetracycline or a topical antibiotic like Cleocin.

BAN FUTURE BREAKOUTS

Wear loose, natural-fiber clothing. Use an astringent on chest and back to remove oils left on skin after washing. Avoid moisturizing sunscreens. Don't overcleanse skin —twice a day is enough. Don't use body scrubs on blemished skin—you'll overstimulate oil glands and worsen the problem.

PHOTOGRAPHED AT THE COLONNADE HOTEL, CORAL GABLES, FLORIDA.



the body beautiful

sexier feet to show off with a summer-perfect pedicure

STEP-BY-STEP TIPS FOR TONY TOES FROM A NAIL PRO

Superstar manicurist Elisa Ferri, who treats the nails of Jaclyn Smith, Brooke Shields and Whitney Houston, offers a routine for salon results at home: Thoroughly remove old polish. Trim nails straight across; buff edges. Apply cuticle softener and soak feet in warm, sudsy water for five minutes. Push back cuticles with an orange stick; dry feet thoroughly. Smooth any calluses with a pumice or heavy-duty emery board. Apply moisturizer, and gently massage feet and toes. Rinse feet with clean water and towel-dry. Remove any excess cream from toenails with a cotton swab dipped in polish remover. Separate toes by winding a facial tissue over and under, and brush on a base coat. Let dry and apply first coat of polish. Wait two to three minutes before applying second coat; let dry five minutes. Protect enamel with two coats of clear polish or top coat. Tip: Prevent smudging by brushing baby oil nails. Wait ten to fift minutes before remov between-toe tissue an hour before slipp on shoes. Apply a coa clear polish every th days. The best po shades for summer? T look terrific in red! Shiseido Nail Lacque Soft Red, Maybel Long Wearing Nail C or with Glyoxal in R Riot or Rappin' Red, Ultima II Nail-chron in Voltage, Click, tion and Snapshot.

ALWAYS K FEET SH SHAPE

The sea for being barefoot wreak havoc on fo Here's help: Moistur feet daily. Always feet completely, and ply talc after swimm and other sports to av athlete's foot. Don't w barefoot on hot cemen feet can pick up fungi a small shards of glass. sure to wear socks w sneakers—without buffer between feet a the abrasive shoe, t nails may beco bruised or ingrown.

PHOTOGRAPHED AT THE COLONNADE HOTEL, CORAL GABLES, FLOR


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Hollywood Garden

TOUR



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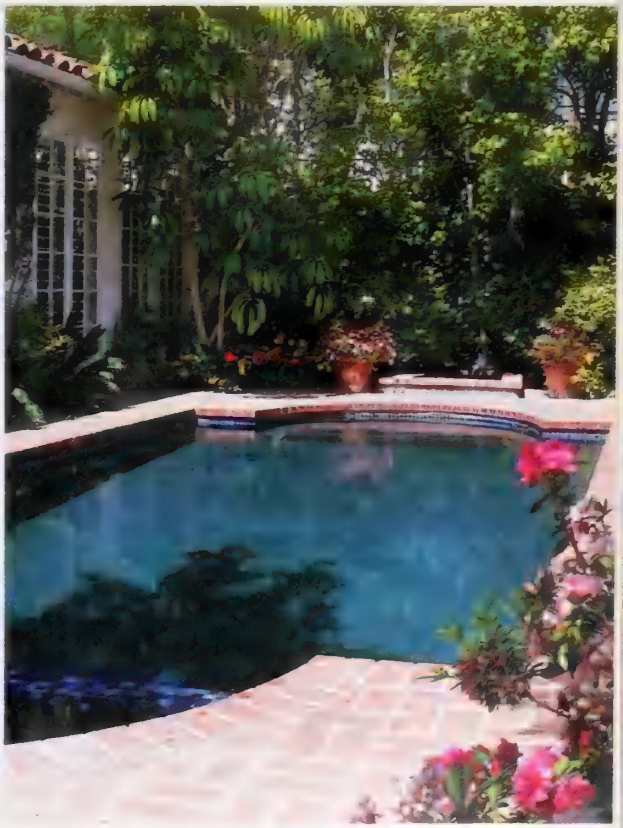
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upermodel her time en NYC and nificent erranean- ome in the vood hills

Seymour's , enchanted -filled court- kways sur- . Cheryl of- ck path, left, daisies, cym- s, that leads ne beautiful here Cheryl cuzzi at one ntain at the tta planters s.





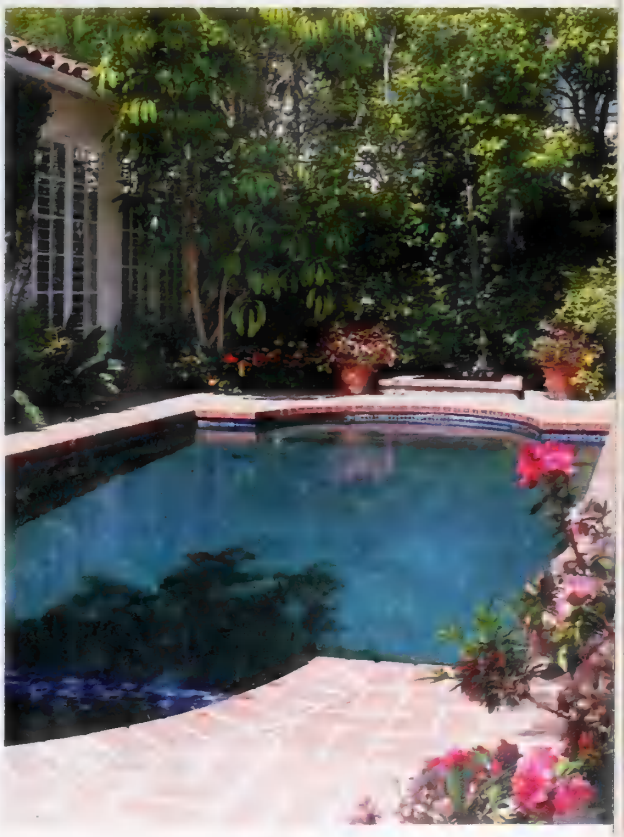
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Join us on a special visit to some of the loveliest landscapes in L.A.—posh, private hideaways where top celebrities retreat after a long day of lights, camera, action! By Linda Fears



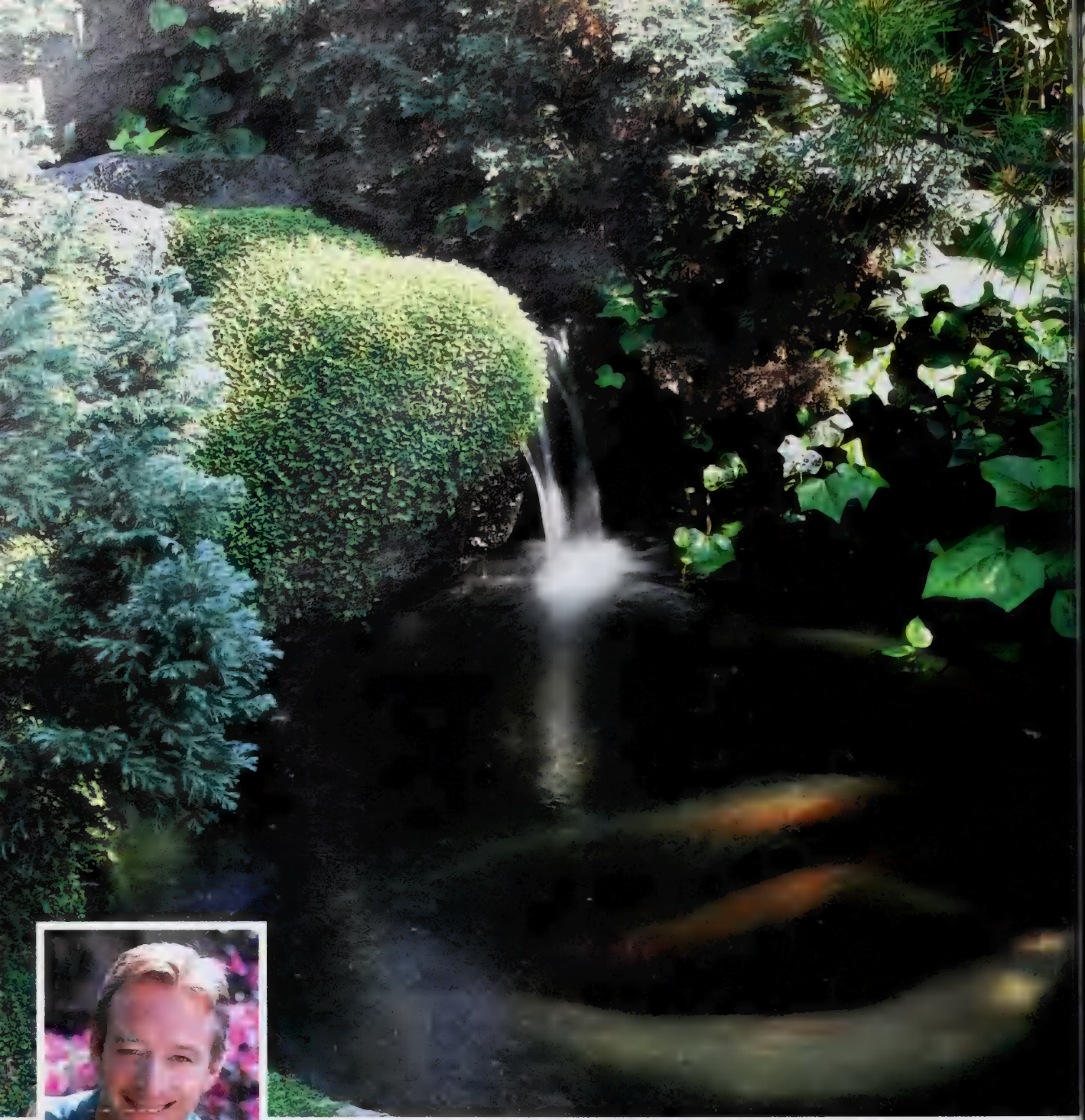
CHERYL TIEGS

This supermodel splits her time between NYC and a magnificent Mediterranean-style home in the Hollywood hills



Cheryl Tiegs purchased Jane Seymour's elegant home two years ago, enchanted by the romance of the flower-filled courtyards and mysterious walkways surrounding the stately structure. Cheryl often strolls along the shady brick path, left, fragrant with bright gerbera daisies, cymbidium orchids and tiger lilies, that leads from the front garden to the beautiful backyard pool. The pool, where Cheryl often entertains, features a Jacuzzi at one end and a quaint stone fountain at the other, flanked by terra-cotta planters brimming with pink geraniums.

Photos, Victoria Mihich; stylist, Mindy Hahn/Celestine Cloutier.



TED SHACKELFORD

The handsome star of *Knots Landing* loves the utter peace and quiet of his modest Studio City home, secluded by a unique, very verdant garden

How green is your garden? In Ted Shackelford's case, the greener, the better. Specimen evergreens, ornamental grasses and ivy create an exotic look. The most dramatic part of Ted's garden? A twenty-five-foot pond filled with colorful Japanese koi and graced with waterfalls at each end. Ted enjoys the lush view from a trellised patio surrounded by palms and pretty pink hibiscus.



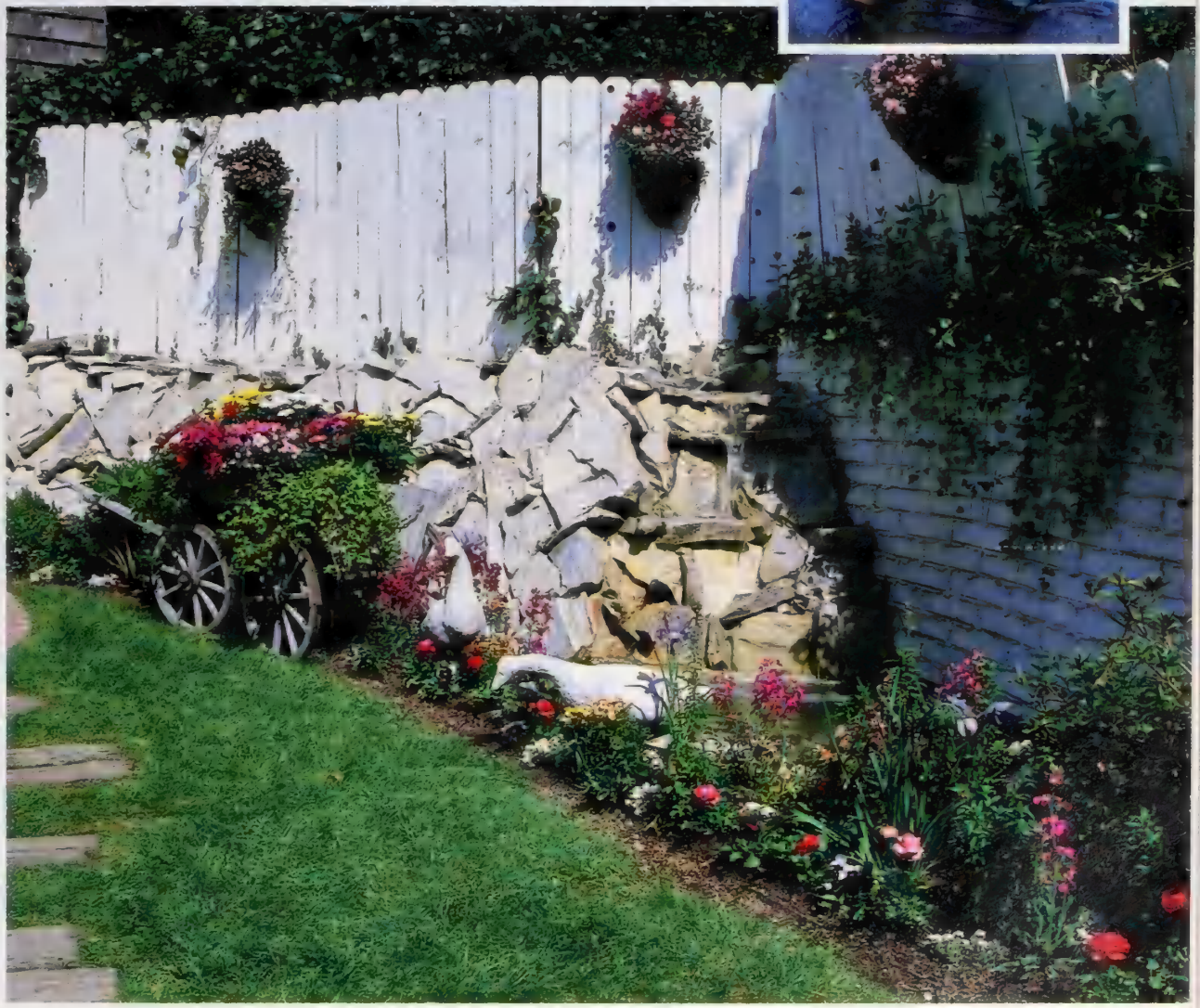


MARY FRANN

This Beverly Hills haven where Mary has lived for four years is even more charming than the Vermont country inn her alter ego, Joanna Louden, keeps on *Newhart*



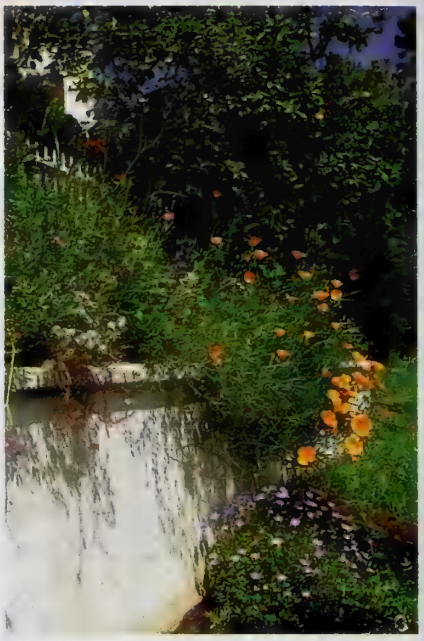
Mary's garden is bursting with flowers, flowers everywhere! Mary's home reminds her of an English cottage, and she wanted her garden to be English-style, too. A pastel rainbow of azaleas, lilies, impatiens and mums adorns a stone wall and winds around the pool and Jacuzzi (in which Mary unwinds nightly!). She unearthed the antique cart at a local shop and creates floral still-lifes with seasonal blooms.



Photos, left, Christopher Barr/Shooting Star. Photos, right, Victoria Mihich; stylist, Mindy Hahn/Celestine Cloutier. Ted Shackelford's grooming by Colette Taber for Celestine Cloutier, L.A.



Photos, Joachim Frederick/Shooting Star; hair and makeup, Lucy Baldock for Celestine Cloutier, L.A.



Michele bought her home just over a year ago, and the garden has brought new surprises each season. She's also added her own personal touches. Michele loves an overgrown, abundant look, so she planted the flower bed, above, with orange cosmos, purple asters and yellow pansies in delightful disarray. This style is also low-maintenance, which suits busy Michele just fine. Below, bright cerise bougainvillea grows beside a prickly century plant. Lemon, grapefruit and orange trees, as well as forty rosebushes (her favorite flower), add even more interest to the wonderfully eclectic landscape.



MICHELE GREENE

Nestled high in the Hollywood hills is the inviting whitewashed, Spanish-style refuge, where Michele heads after wrapping up an episode of *L.A. Law* as attorney Abby Perkins



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"Your cigarettes do taste good."
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"I wanted to let you know that I have switched to Merit Ultra Lights Menthol and I am *not* missing my old brand. Merit is quite good."
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"I think your cigarettes are mild, tasteful and enjoyable."
–Alfred Michalski
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"I enjoyed the taste of your menthol lights and I think they are better than the cigarettes I have been smoking."
–Junius L. Thomas
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"I liked them very much. I liked the taste, the flavor and the mildness."
–Ann William
Liverpool, NY

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"I have tried your cigarettes, and they sure do have a good taste to them."
–Jack Porter
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"I'll promise you now – I'll stick to Merit for the taste and pleasure."
–Ruth Graf
Milwaukee, WI

"I really liked it. I will smoke Merit from now on. Thanks."
–Cindy Curtis
West Point, NY

"What a pleasant surprise!"
–Corinne Wyatt
Punta Gorda, FL

"I enjoyed the mildness and flavor of your cigarettes. They are much milder and tastier than my present brand. Thank you so much for introducing me to Merit. I will certainly advise my family and friends to try your brand."
–Frank Burton
Philadelphia, PA

"Many thanks... I enjoyed them very much and will continue smoking Merit cigarettes."
–Vera Hanna
Tyrone, PA

"A few of my friends have switched to Merit, too."
–George L. Hawk, Sr.
Reading, OH

"Your cigarettes are very good. Merit pleases me very much... will use it from now on."
–Velma Walter
Van Buren, AR

"Well, here is what I think of Merit. It's great and I love it. It is my brand. No other cigarette gives me that fresh feeling."
–Lorene Jones
Atlanta, GA

"Your cigarettes were much better than I had imagined. They were the smoothest tasting cigarettes I've ever bought."
–Dale Windle
Richmond, IN

"You have proven it to me, Merit is a good smoking brand."
–William McReynolds
Chattanooga, TN

"I had to write and let you know that I switched to Merit."
–Lynn Magyar
Torrington, CT

ou never know until you try—so, I , and I must say your Merit is rfect for me."

—Marjorie Addison
Lafayette, LA

really like Merit, now that I've tried Just bought a carton and will be ying Merit from now on."

—Winifred Andersen
Wisconsin Dells, WI

Merit sure is mild and I sure like the tra Lights. You have made me a crit fan."

—Nina Bryant
Scottsdale, AZ

our cigarettes are Great!! And you re right about the refreshing taste, ey were very refreshing."

—Louise Begley
Hamilton, OH

love Merit. In the 40 years I've oked, Merit is the best cigarette I've er had."

—Roger Bechard
Lewiston, ME

have tried a lot of cigarettes. I have ver had one that was as mild as Merit. ke them very much."

—Ruby Bishop
Jackson, OH

truly prefer these over the brand I'm oking now. I gave a pack to my end and he also prefers your brand."

—Maxine Boyles
Huntington Park, CA

m really happy with Merit arettes."

—Robin Baugh
New Castle, IN

Merit Menthol Ultra Lights 100's are od. I will smoke them."

—Earlene Baxter
Traverse City, MI

Well, Merit Ultra Lights have satisfy- taste...I'll tell you fella, they are ooth and mellow...I've been smok- my brand for about 6 years, but I Merit Ultra Lights the best."

—Geraldine Collins
Orange, TX

You have a very good cigarette."

—Thomas Singleton
Reading, OH

We think Merit Ultra Lights are the st, and 6 years of smoking them oves that."

—Dawn Condeles
Chicago, IL

must admit that I enjoyed Merit."

—Joan Carone
East Hartford, CT

do like it very much. Thank you for ting me know about Merit."

—Lucille Davis
Elizabeth, PA

"I'm smoking my first Merit cigarette now and it is just delightful. I will purchase Merit from now on."

—Rosemary Jones
Kilauea, HI

"I really enjoyed your product. I liked Merit very much!"

—C. J. Jackson
Georgetown, MS

"I have enjoyed Merit. I intend to buy four more cartons of it."

—Gary Johnson
Binghamton, NY

"Thanks...I enjoyed them very much."

—Charles Jarrell
Forest Park, GA

"I smoked one pack and saved the other to be sure I got the correct name. I really enjoyed the mild taste of Merit Ultra Lights."

—Mrs. A. Kepler
W. Seneca, NY

"I tried them and liked them very much."

—Connie Karp
San Francisco, CA

"I liked the taste of Merit. It is my new brand now!"

—Clyde Lingo
Van Buren, AK

"I've enjoyed Merit for many years and have no intention of ever changing brands. Thanks for a *great* cigarette."

—Bill Lutz
Porter, IN

"I really enjoyed the Merit Light cigarettes. I will continue to buy more. Thanks."

—Regina LauRinitis
Manchester, CT

"I have smoked a few packs of Merit and like them very much."

—Marjory Malone
Yonkers, NY

"How delightful to smoke a nice cigarette."

—Doris Martin
Wilmington, CA

"I love your cigarettes. I took them to bingo last night and gave them to my friends, and six said for me to let them know the name. They are changing to your brand."

—Dorothy Millhouse
Sidney, OH

"Thanks for the cigarettes. Enjoyed them. I've always liked Merit."

—Mildred McPherson
Colonial Heights, VA

"There is no other cigarette on the market that can match Merit Ultra Light 100's. I have used Merit since it came on the market and will continue to do so."

—Mel C. Nathan
San Francisco, CA

"I have smoked Merit Ultra Lights Menthol 100's for two years and I enjoy every puff."

—Betty Jean Ruffin
Greenville, NC

"I've tried many other brands of low tar cigarettes and couldn't get beyond the first pack. Merit is just fine and satisfying."

—Jean Rosenberg
St. Petersburg, FL

"My Merit cigarettes taste good...I enjoy my cigarettes. Merits are mild."

—Constance Roy
Sparks, NV

"I really liked Merits. I found them to be really mild, but tasty."

—Jean Rawn
Portland, OR

"I was overwhelmed with how much I truly enjoyed Merit. Believe me, I was very doubtful that it would even come close to my regular cigarettes. But, they exceeded my expectations beyond description."

—Jean Ray
Broken Arrow, OK

"Quite frankly, I was surprised to discover how much I enjoyed them. They seemed milder, yet retained enough of the menthol taste and flavor to satisfy me."

—Peggy Rolfes
Memphis, TN

"They were so mild and flavorsome. I was surprised they were rated with 6 mg. tar and nicotine."

—Carman Robbins
San Marcos, TX

"I was surprised when I learned that I had smoked Merit. It's really a good cigarette. It's going to be the brand I buy. Thanks again."

—Ralph Skaggs
Chillicothe, OH

"Thanks for introducing me to Merit Menthol. Very enjoyable, and seemed to be what I was looking for."

—J. R. Salisbury
Mill Creek, WV

"It is one of the best cigarettes I have ever smoked. I have been smoking for many years and I have smoked every brand on the market. But I must admit that your cigarette has topped them all. I love your cigarette!"

—Gene Snowden
Crestview, FL

"I like your cigarettes very much. The taste is a lot smoother than my brand. I have changed my brand already."

—David Cuthbert
West Orange, NJ

"My old brand of cigarettes now tastes like oak leaves."

—Sharon Tutor
Gordonsville, VA

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Kings: 8 mg "tar," 0.6 mg nicotine—100's: 10 mg "tar," 0.8 mg nicotine—Ultra Lights Kings Regular: 5 mg "tar," 0.5 mg nicotine—Menthol: 5 mg "tar," 0.4 mg nicotine—Ultra Lights 100's Regular: 6 mg "tar," 0.5 mg nicotine—Menthol: 5 mg "tar," 0.5 mg nicotine av. per cigarette by FTC method.

SURGEON GENERAL'S WARNING: Cigarette Smoke Contains Carbon Monoxide.



"I'm stubborn. It took me a while to start doing something about cholesterol. Like listening to my doctor. He to me to start exercising and stick to a diet low in saturated fat. But when he told me that clinical studies proved that replacing some of those saturated fats with Mazola* I could cut my cholesterol level even more, you better believe was skeptical.

"Until I tried it. In all kinds of salads and my wife's great biscuits. I even went for a fried chicken leg or two. (I kn it's O.K. to have foods fried with Mazola corn oil sometimes. And not just 'cause Mazola has no cholesterol. But because the pure Mazola corn oil helps get cholesterol down.)

"About a month or so of a healthy diet with Mazola and my cholesterol went from 225 to 187. It backed off 179 Which is great by me. 'Cause I've got too many good things ahead of me—more good meals, more grandchildren. And heck, who knows, maybe even a new title—'Racquetball Rookie of the Year.' Why not!"



*For a summary of the studies and more information on healthy eating, write: Maz Dept. 89, Box 307, Coventry, CT 06238.

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TOGETHER WE CAN BEAT CHOLESTEROL.

Fast, easy favorites make it a breeze to enjoy the good old summertime



Food Journal



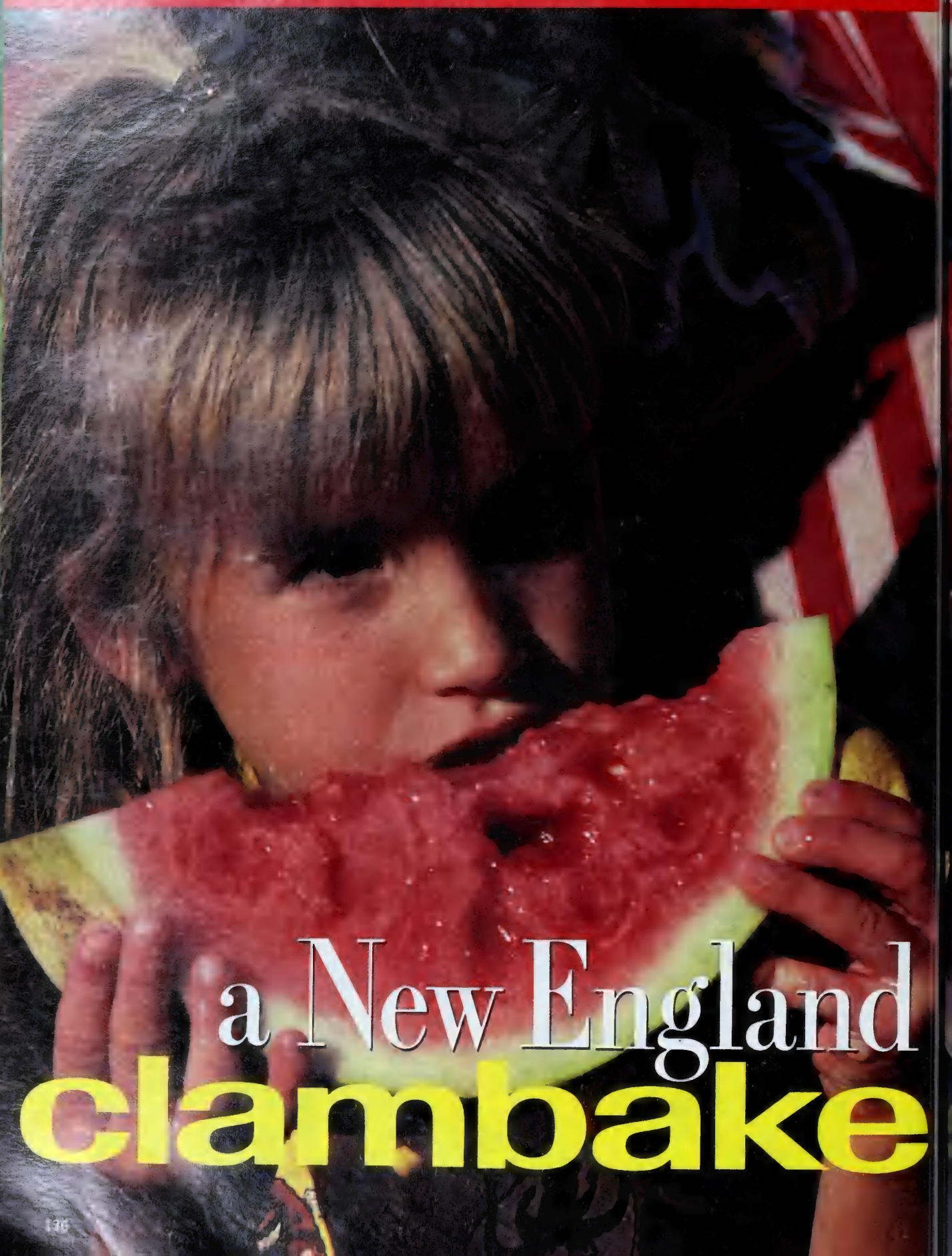
Happy days are here again—so glorious sun-splashed and surf-perfect, who can wait for the weekend? Here's how to make the most of this carefree, livin'-is-easy time of year. Plan picnics and parties for family and friends—we've made it a snap with a star-spangled salute to great American food! Steam up a Yankee feast with our New England ***CLAMBAKE*** . . . Those with a taste for fiery bayou fare will love ***QUICK CAJUN*** from K-Paul's . . . Invite the gang to a backyard ***BARBECUE TEXAS-STYLE*** . . . And to top it all off, sweet treats from our ***ICE-CREAM COOKBOOK***. Happy eating and a fabulous Fourth!

J·U·L·Y



LADIES' HOME JOURNAL TRIPLE-TESTED RECIPES

ALL-AMERICAN



a New England clambake

FOOD

No beach blanket needed for this clambake – steam up a down-east feast on your stove!



Our savory dinner for four features tender lobster and clams cooked up with corn on the cob, potatoes and sausages. Dig in!

By Jan Turner Hazard
Food and Equipment Editor

CLAMBAKE
continued

Easy · Moderate · Challenging · Microwave

CHERRYSTONE CLAMS WITH GARDEN RELISH



The traditional steamed clams are served with a new twist—fresh chopped tomatoes.

Prep time: 10 minutes
Cooking time: 8 to 10 minutes

Relish
- 1½ cups seeded and finely chopped tomatoes
- ½ cup finely chopped green pepper
- ⅓ cup finely chopped onion
- 1 teaspoon seeded and minced jalapeño chilies (optional)
- ¼ cup finely chopped fresh cilantro
- 2 tablespoons fresh lime juice
- ⅛ teaspoon salt

- 2 dozen cherrystone clams or mussels in shells
- ¾ cup water
- ¾ cup dry white wine
- 1 large onion, chopped
- 2 tablespoons parsley sprigs

Relish: Mix all ingredients in medium bowl. *(Can be made ahead. Refrigerate up to 6 hours.)* Makes 2 cups.

With brush scrub clams or mussels under running water; if using mussels, tear off beards (brown strings).

Place clams in large saucepan; add remaining ingredients. Bring to boil and cook covered over high heat until clams open, 8 to 12 minutes. Discard unopened clams. Remove clams with slotted spoon and serve in shell with relish. Makes 4 appetizer servings.

Nutrition info per serving: 95 calories, 12 gm protein, 1 gm fat, 9 gm carbohydrates, 130 mg sodium, 31 mg cholesterol.

HERBED MINI BISCUITS



Freeze any remaining rolls to serve with soups or salads.

Prep time: 45 minutes
Baking time: 15 to 20 minutes

- 2 tablespoons olive oil
- 3 medium onions, chopped fine
- 2¼ cups biscuit baking mix
- Pinch salt
- ½ cup water
- 4 tablespoons chopped fresh sage or basil
- 1 large egg yolk
- 1 tablespoon water

Preheat oven to 425°F. Grease 2 cookie sheets.

Heat oil in large skillet over medium-low heat. Add onions and cook slowly until tender, about 15 to 20 minutes.

Mix baking mix, salt and water in large bowl to form dough. Roll dough on floured surface into thin 18-inch-long rectangle. Sprinkle onions and then sage evenly over dough. Cut crosswise into quarters. Starting at long end, roll up each piece dough. Cut into ¾-inch-thick slices and place flat on prepared cookie sheets. Mix egg yolk and water; brush on each slice. Bake 15 to 20 minutes. Makes 3 dozen.

Nutrition info per roll: 40 calories, 1 gm protein, 2 gm fat, 5 gm carbohydrates, 90 mg sodium, 8 mg cholesterol.

STOVETOP CLAMBAKE

You don't need a beach in your backyard to have a clambake when a jumbo enamel canning pot will do.

Prep time: 10 minutes
Cooking time: 45 minutes

- 4 medium onions, peeled
- 4 all-purpose potatoes, scrubbed
- 2 quarts beer, divided
- 4 lobsters (1½ lb. each)
- 4 ears corn, silk removed but husks intact
- 2 dozen steamer or littleneck clams, scrubbed
- 4 sweet Italian sausages or hot dogs, pricked
- 1 cup butter, melted
- 1 tablespoon fresh lemon juice

Place rack on clean empty cans or rocks in 5-gallon pot so that rack sits 3 inches above bottom of pot. Place onions and potatoes on rack and pour in 1 quart beer. Bring to boil, cover and cook over high heat 5 to 7 minutes. Meanwhile, tie clams together in cheesecloth bag.

Add remaining 1 quart beer to pot and layer lobsters, corn, clams and sausages on onions and potatoes. Cover and return to boil (steam will escape from pot). Cook over high heat 20 to 25 minutes. Meanwhile, mix butter and lemon juice and divide between 4 small cups.

Using tongs, divide seafood and vegetables among 4 dinner plates. S hot with melted butter mixture dunking. Makes 4 servings.

Nutrition info per serving: 1,124 calories, 6 protein, 70 gm fat, 60 gm carbohydrates, 1,88 sodium, 327 mg cholesterol.

RASPBERRY-RHUBARB COBBLER



For best flavor use real maple sy And top it with premium-quality cream.

Prep time: 25 to 30 minutes
Baking time: 15 to 20 minutes

Topping
- ¾ cup chopped pecans
- ½ cup biscuit baking mix
- ½ cup firmly packed brown sugar
- 3 tablespoons butter or margarine, melted

- 1½ cups raspberries
- 1½ cups sliced rhubarb
- ¾ cup pure maple syrup or ½ cup pancake syrup
- 1 tablespoon cornstarch
- ¼ cup cold water
- 2 cups biscuit baking mix
- ½ cup heavy or whipping cream
- 3 tablespoons butter or margarine, melted
- 1½ tablespoons sugar

Preheat oven to 400°F. Grease 9- square baking pan.

Topping: Combine all ingredient medium bowl.

Combine raspberries, rhubarb syrup in medium saucepan. Cook, s ring frequently, over medium heat til rhubarb is tender, 5 to 10 minu Dissolve cornstarch in cold water stir into fruit mixture. Boil, stir constantly, 2 minutes.

Combine baking mix, cream, bu and sugar in medium bowl. Pat prepared pan. Pour on fruit and cr ble topping over fruit. Bake 15 to minutes. Serve warm. Makes 8 s ings.

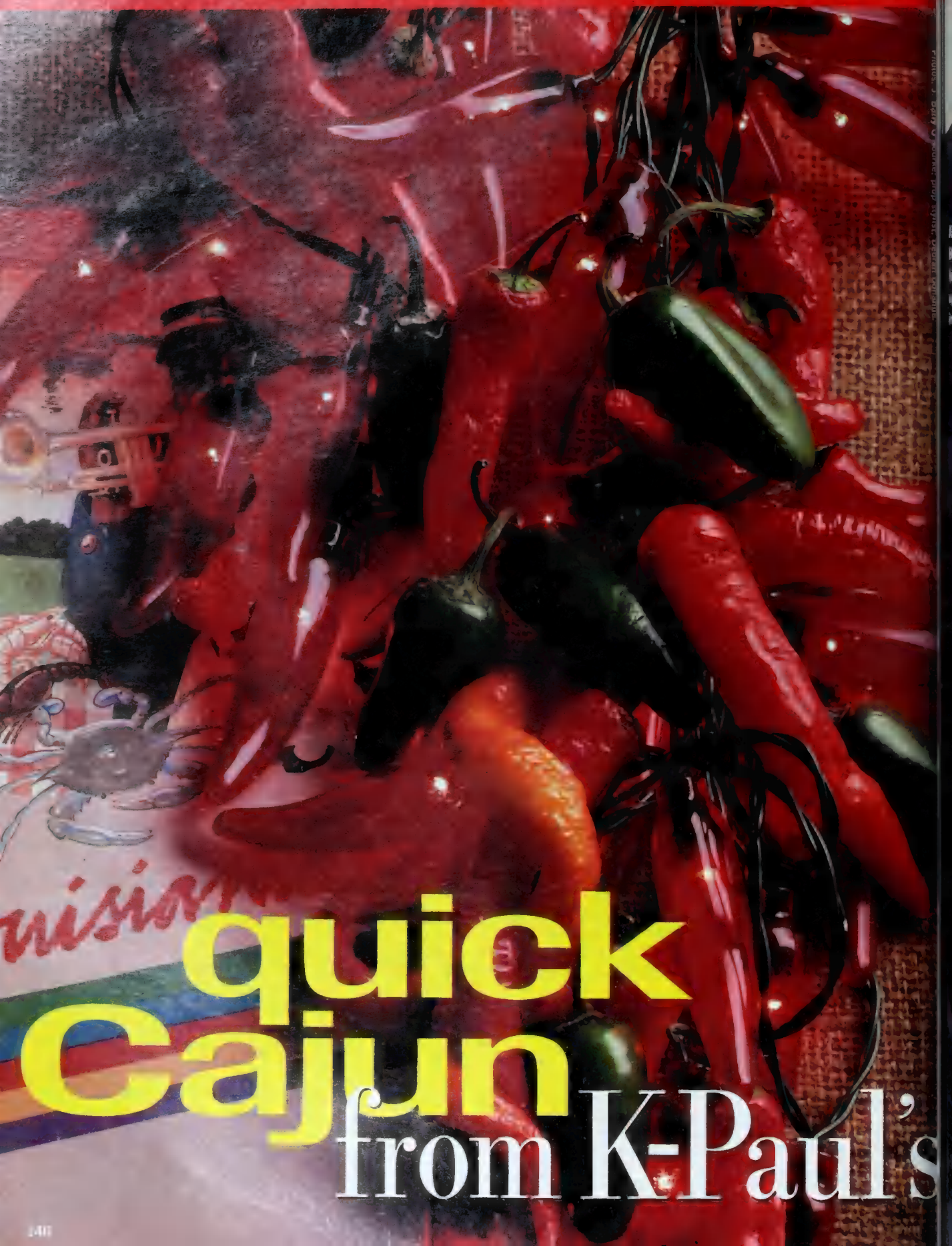
Nutrition info per serving: 495 calories, 4 gm tein, 25 gm fat, 65 gm carbohydrates, 540 mg um, 45 mg cholesterol.

Recipes developed and styled by J Carafoli, a food stylist who live New York City and Cape Cod.

With Palmolive, this is how much dirt you could see on your dishes.
And how much red you could see on your hands.



ALL-AMERICAN



quick Cajun from K-Paul's

FOOD

New Orleans chef Paul Prudhomme's speedy spicy specialties of the house



A big hit in the Big Easy, Bronzed Catfish will be your favorite fare, too. Coming up, more Cajun entrées, including Chicken Jambalaya

Easy · Challenging · Moderate · (M) Microwave

CREAMY CAJUN CHICKEN WITH PASTA



The creaminess of the sauce helps soothe the fire of the spices.

Prep time: 15 minutes
Cooking time: 7 minutes

- 1 teaspoon minced garlic
- 2 tablespoons butter or margarine
- 12 ounces boneless, skinless chicken breasts, cubed
- 1 tablespoon Cajun Magic Poultry Magic® (or 1 teaspoon salt, ½ teaspoon thyme, ¼ teaspoon *each* onion powder, rubbed sage, and ground black and white peppers, and pinch ground red pepper)
- ⅓ cup chopped green onions
- 1 cup heavy or whipping cream
- 12 ounces thin spaghetti, cooked
- 2 tablespoons chopped fresh parsley
- Freshly grated Parmesan cheese

Cook garlic in butter in 12-inch skillet over medium-high heat 30 seconds. Stir in chicken and seasoning mix; cook until lightly browned, about 3 minutes. Stir in green onions; cook 1 minute more. Add cream, increase heat to high and boil until slightly thickened, about 2 minutes. Combine chicken mixture, pasta and parsley in serving bowl and pass Parmesan. Makes 4 servings.

Nutrition info per serving: 670 calories, 31 gm protein, 30 gm fat, 66 gm carbohydrates, 690 mg sodium, 146 mg cholesterol.

BOURBON STREET HOT STEAK SALAD



The cool, crisp salad contrasts nicely with the spicy-hot meat. Boneless chicken can be substituted for the beef.

Prep time: 55 minutes
Cooking time: 12 minutes

- 1 cup mayonnaise
- ½ cup chopped green onions
- 1 tablespoon distilled white vinegar
- 1 tablespoon Creole or spicy brown mustard
- 2 quarts torn salad greens
- 1 cup julienned zucchini (green part only)
- 1 cup *each* chopped celery, green pepper and red cabbage
- 1 cup grated carrots
- 2 cups vegetable oil
- 1 pound beef top round or other tender cut, cut into bite-size pieces
- 5 teaspoons Cajun Magic Meat Magic® (or 1¼ teaspoons salt, 1 teaspoon *each* paprika and onion powder, ½ teaspoon *each* thyme, garlic powder, dry mustard, cumin, ground red, white and black peppers, and ¼ teaspoon ground bay leaf)
- 1 cup all-purpose flour
- ½ cup milk
- 1 large egg, beaten
- 8 to 10 lettuce leaves, for lining bowl
- 2 ripe tomatoes, sliced

Process mayonnaise, green onions, vinegar and Creole mustard in blender until smooth.

Combine salad greens, zucchini, celery, pepper, cabbage, carrots and mayonnaise mixture in large bowl and toss until evenly coated.

Heat oil in 10-inch skillet over medium-high heat to 350°F.

Meanwhile, coat beef with 3 teaspoons seasoning mix. Combine flour and remaining seasoning mix in shallow bowl. Whisk milk and egg together in second shallow bowl. Toss one third of the beef in flour; shake off excess. Toss in milk, then toss again in flour, shaking off excess. Cook in oil, turning occasionally, until golden, about 4 minutes. Drain on paper towels. Repeat with remaining beef.

Line serving bowl with lettuce and top with dressed salad. Arrange hot beef on top and garnish with tomato slices. Makes 6 servings.

Nutrition info per serving: 665 calories, 21 gm protein, 55 gm fat, 20 gm carbohydrates, 785 mg sodium, 79 mg cholesterol.

VELVET SHRIMP



It's the cream plus the cheese that makes the sauce velvety.

Prep time: 15 minutes
Cooking time: 9 minutes

- 1 tablespoon butter or margarine
- ½ cup chopped green onions
- 1 tablespoon Cajun Magic Seafood Magic® (or ½ teaspoon *each* salt, dry mustard, basil and ground red pepper, and ¼ teaspoon *each* garlic powder and thyme)
- 1 pound medium shrimp, peeled and deveined
- ½ teaspoon minced garlic
- 1 cup heavy or whipping cream
- ½ cup shredded Muenster cheese

Heat 10-inch skillet over high hea about 1 minute. Add butter. Stir i green onions and 2 teaspoons seaso ing mix; cook 1 minute. Add shrim and garlic; cook, stirring occasionall 2 minutes. Stir in cream and remai ing seasoning mix; cook 1 minute. R move shrimp with slotted spoon.

Boil cream in same skillet, whiskin constantly, 2 minutes. Stir in chees then shrimp. Serve with hot cooke rice or pasta. Makes 4 servings.

Nutrition info per serving: 390 calories, 23 g protein, 31 gm fat, 4 gm carbohydrates, 551 m sodium, 242 mg cholesterol.

SIZZLIN' PORK CHOPS



The key to crusty, tender chops is pre heating the pan and oil just until th oil begins to smoke. Cook the chops fou minutes per side—no more, honest!

Prep time: 15 minutes
Cooking time: 20 minutes

- 4 teaspoons Cajun Magic Pork and Veal Magic® (or 2 teaspoons *each* salt and paprika, 1 teaspoon ground black pepper ¾ teaspoon *each* ground white pepper a onion powder, and ½ teaspoon *each* garl powder, thyme and ground red pepper)
- 8 center-cut pork chops (6 oz. each)
- 2 tablespoons vegetable oil, divided
- ¼ cup all-purpose flour
- 6 tablespoons butter or margarine
- 2 teaspoons minced garlic
- 3 tablespoons chopped fresh parsley
- 2 tablespoons finely chopped green onions

Sprinkle ¼ teaspoon seasoning mi evenly on each side of each chop an press lightly.

Heat 1 tablespoon oil in large heav skillet over high heat until just smok ing, about 3 minutes. Meanwhile dredge 4 chops with flour and shake of excess. Add to skillet and cook 4 min utes. Reduce heat to medium-high turn chops over and cook until dar brown and crisp on outside, about minutes more. Remove from skille and keep warm. Repeat with remain ing oil, flour and chops.

Add butter to skillet and whisk unti butter stops sizzling. Add garlic, pars ley and green onions; heat about 3 seconds, stirring

(continued


CAPRI
the slimmest slim!
Only 9 mg tar
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SURGEON GENERAL'S WARNING: Cigarette Smoke Contains Carbon Monoxide.

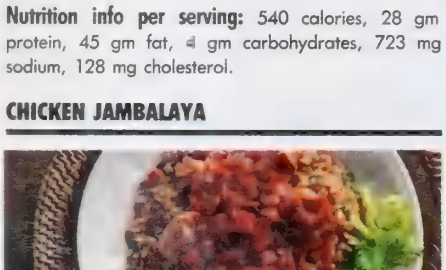


■ QUICK CAJUN
continued

constantly. Spoon sauce over chops and serve with hot cooked rice. Makes 8 servings.

Nutrition info per serving: 540 calories, 28 gm protein, 45 gm fat, 4 gm carbohydrates, 723 mg sodium, 128 mg cholesterol.

CHICKEN JAMBALAYA



Jambalaya is the signature dish of Cajun cooking, served with Creole Sauce. It can also be made with shrimp.

Prep time: 20 minutes
Cooking time: 30 minutes

- 2 tablespoons butter or margarine
- ½ pound smoked ham, diced (about 1½ cups)
- ¾ pound boneless, skinless chicken breast, diced
- 3½ teaspoons Cajun Magic Poultry Magic® (or ¾ teaspoon salt, ½ teaspoon thyme, ¼ teaspoon *each* onion powder, rubbed sage, and ground black and white peppers, and pinch ground red pepper)
- 1 cup chopped onions
- 1 cup chopped celery
- 1 cup chopped green pepper
- 1 tablespoon minced garlic
- 1½ cups long-grain rice
- 2½ cups low-sodium chicken broth
- 1 cup chopped tomatoes
- ½ cup tomato sauce

Creole Sauce
- ¼ cup butter or margarine
- 1 cup chopped tomato
- ¾ cup finely chopped onion
- ¾ cup finely chopped celery
- ¾ cup finely chopped green pepper
- 2 teaspoons Cajun Magic Poultry Magic® (or ¾ teaspoon salt, ¼ teaspoon thyme, and pinch *each* onion powder, ground black, red and white peppers)
- 1½ teaspoons minced garlic
- 1¼ cups low-sodium chicken broth
- 1 cup tomato sauce
- 1 teaspoon sugar

Melt butter in Dutch oven over high heat. Add ham and cook until browned, about 3 minutes. Add chicken and 3 teaspoons seasoning mix; brown 5 minutes, stirring. Stir in onions, celery, pepper and garlic; cook until vegetables are tender, about 7 minutes. Stir in rice, then chicken broth, tomatoes, and sauce and remaining ½ teaspoon seasoning mix. Bring to boil. Reduce heat, cover and simmer about 20 minutes, stirring occasionally.

Creole Sauce: Meanwhile, melt butter in large skillet over high heat. Stir in tomatoes, onion, celery, pepper, seasoning mix and garlic. Cook, stirring occasionally, until vegetables are tender, about 7 minutes. Stir in remaining ingredients. Bring to boil. Reduce heat and simmer uncovered 20 minutes. Makes 3 cups.

Serve jambalaya with sauce. Makes 6 servings.

Nutrition info per serving: With ¼ cup sauce, 485 calories, 29 gm protein, 17 gm fat, 55 gm carbohydrates, 1,715 mg sodium, 86 mg cholesterol.

BRONZED CATFISH

Bronzed catfish is a lighter, faster, simpler version of the traditional blackened dish. Preheating your cast-iron skillet is essential.

Prep time: 10 minutes
Cooking time: 8 minutes

- 4 catfish fillets (6 oz. each)
- ¼ cup butter or margarine, melted
- 4 teaspoons Cajun Magic Seafood Magic® (or 1 teaspoon *each* salt, onion powder, ground red pepper and basil, ½ teaspoon *each* garlic powder and thyme, and ¼ teaspoon oregano)

Lemon wedges, for serving

rush both sides of fish with butter, en coat both sides with seasonings. Heat 10-inch cast-iron skillet over edium-high heat until smoking, 3 to minutes. Add 2 fillets and cook until st opaque at center, about 2 minutes r side. Keep warm in oven and re- at with remaining fillets. Serve with mon wedges and Hushpuppies. akes 4 servings.

trition info per serving: 300 calories, 31 gm otein, 18 gm fat, 1 gm carbohydrates, 775 mg dium, 130 mg cholesterol.

ISHPUPPIES

great accompaniment to the catfish. ake these first and keep warm in a w oven while the fish cooks.

ep time: 10 minutes plus standing
oking time: 5 minutes per batch

cup cornmeal
cup all-purpose flour
tablespoon baking powder
teaspoons Cajun Magic Seafood Magic® (or ¾ teaspoon ground red pepper, ½ teaspoon *each* salt, black pepper, and dried thyme, ¼ teaspoon white pepper, and ⅛ teaspoon dried oregano leaves)
cup very finely chopped green onions (tops only)
large eggs, beaten
cup milk
2 tablespoons vegetable oil plus additional for frying

Combine cornmeal, flour, baking powder and spices in large bowl. Stir in green onions. Add eggs and blend well.

Bring milk and oil to boil in small saucepan. Remove from heat and add to flour mixture in two batches, stirring well after each addition. Let stand 15 minutes.

Heat 4 inches oil to 350°F. in large saucepan or deep fryer. Drop batter by tablespoonfuls into hot oil. (Do not crowd.) Cook until dark golden brown and cooked through, about 2½ minutes per side. Drain on paper towels. Keep warm while cooking remaining batter. Makes about 30.

Nutrition info per Hushpuppy: 60 calories, 1 gm protein, 3 gm fat, 7 gm carbohydrates, 90 mg sodium, 19 mg cholesterol. ■

Recipes for Chicken Jambalaya and Hushpuppies adapted from CHEF PAUL PRUDHOMME'S LOUISIANA KITCHEN, by Paul Prudhomme. Copyright © 1984 by Paul Prudhomme. Reprinted with permission of William Morrow & Co., Inc.

Look for Cajun Magic® products in your supermarket, or call 800-4-K-PAULS for ordering information (504-947-6712 in Louisiana). For a free catalog, send a self-addressed, stamped envelope to Cajun Magic, Inc., P.O. Box 770034, New Orleans, LA 70177-0034.

Journal Shopping Center

BEAUTY AND FASHION JOURNAL
Page 26: From left—sandals, Calvin Klein; scarf, John Jacobus; sandals & earrings, Anne Klein; shoes, Andrea Carrano. **Page 28:** Sandals, Stuart Weitzman; earrings & bracelet, Les Bernard; sandals, Eliot Pliner; sunglasses, Alain Mikli; sandals, 9 West; stockings, Hanes; sunglasses, Alain Mikli. **Page 32:** Pink suit, Body Glove; sunglasses, Alain Mikli.

THE BEST OF THE BEST
Page 103: Photos from top—Globe Photos, Outline, Howard Frank Archives. **Pages 104-105:** From left—Ralph Dominguez/Globe Photos, Jeff Slocomb/Outline, Greg Gorman/Gamma Liaison; Bill Davila/Outline, Globe Photos, Trapper/Sygma.

TRUE BLUE
Pages 114-115: Top right, from left—(boy) T-shirt, Canal Jeans, NYC; sneakers, Converse; cap, Shoofly, NYC; (woman) chambray shirt, Ruff Hewn; striped shirt, Nautica; sunglasses, Colors in Optics; watch, Rolex; sneakers, Keds; suspenders, Barney's, NYC; (girl) T-shirt, Fruit of the Loom; sweater, Shoofly, NYC; socks, Bonnie Doon; cap, Shoofly, NYC; orange jacket, Pepe Jeans; (boy) shirt, Ralph Lauren; sneakers, Keds; cap, Shoofly, NYC; (man) shirt, Tommy Hilfiger; sneakers, Sperry TopSiders; vest, Antique Boutique, NYC; (woman) T-shirt, Alain Manoukain; shirt, Nautica; sunglasses, Optic Zone; sneakers, Nike; (baby) T-shirt, Cerutti, NYC; hat & shoes, Shoofly, NYC; (girl) T-shirt, Peanut Butter & Jane, NYC; belt & cap, Shoofly, NYC; sneakers, Reebok. Bottom right—all clothes by Ralph Lauren except suede fringe vest, boots & jewelry, TePee Town, NYC; chaps & gloves, Cattle Kate; blankets, Pendleton. **Pages 116-117:** Top left—(woman) blouse, The Gap; scarf, Hermes; socks, Bonnie Doon; sneakers, Keds; belt, Johnny Farah for Showroom Seven; (woman) sweater, Alain Manoukain; sneakers, Polo by Ralph Lauren; scarf, Echo; T-shirt, Alain Manoukain; sunglasses, Oliver People's; earrings, Ciro; (boy) shirt & belt, Polo by Ralph Lauren; sweater, 012 Benetton; sneakers, Stride Rite; (man) sneakers, Sperry TopSiders; watch, Fossil; cardigan, Nautica; (girl) shirt, Polo by Ralph Lauren; socks, Cerutti, NYC; sneakers, Weebok. Bottom—(girl) shirt, Polo by Ralph Lauren; T-shirt, Fruit of the Loom; belt, Trafalgar; sweater, Izod Lacoste; sneakers, Keds; pearls & earrings, Majorica; glasses, Optic Zone; (girl) shirt, Izod Lacoste; belt, Shoofly, NYC; sneakers, Keds; pearls & earrings, Majorica; (woman) belt, Ralph Lauren; shoes, Fratelli Rossetti; pearls & earrings, Majorica; sweater, Izod Lacoste; watch, Monet; sunglasses, Morgenthal-Frederics Opticians, NYC; (girl) shirt, Polo by Ralph Lauren; glasses, Ralph Lauren; pearls & earrings, Majorica; sneakers, Keds; sweater, Izod Lacoste; belt, Trafalgar. Right—(girl) tank, In-Wear; cardigan, Willie Smith/Willie Wear; bracelets, Craft Caravan, NYC; pins, Detail, NYC; sunglasses, Morgenthal-Frederics Opticians, NYC; watch, Fossil; (girl) pique, Sisley; shoes, Kenneth Cole; watch, silver hoops & bracelets, Ylang Ylang; sunglasses, Morgenthal-Frederics Opticians, NYC.

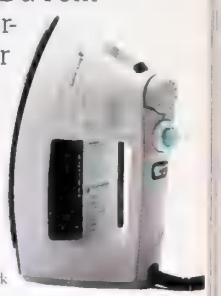
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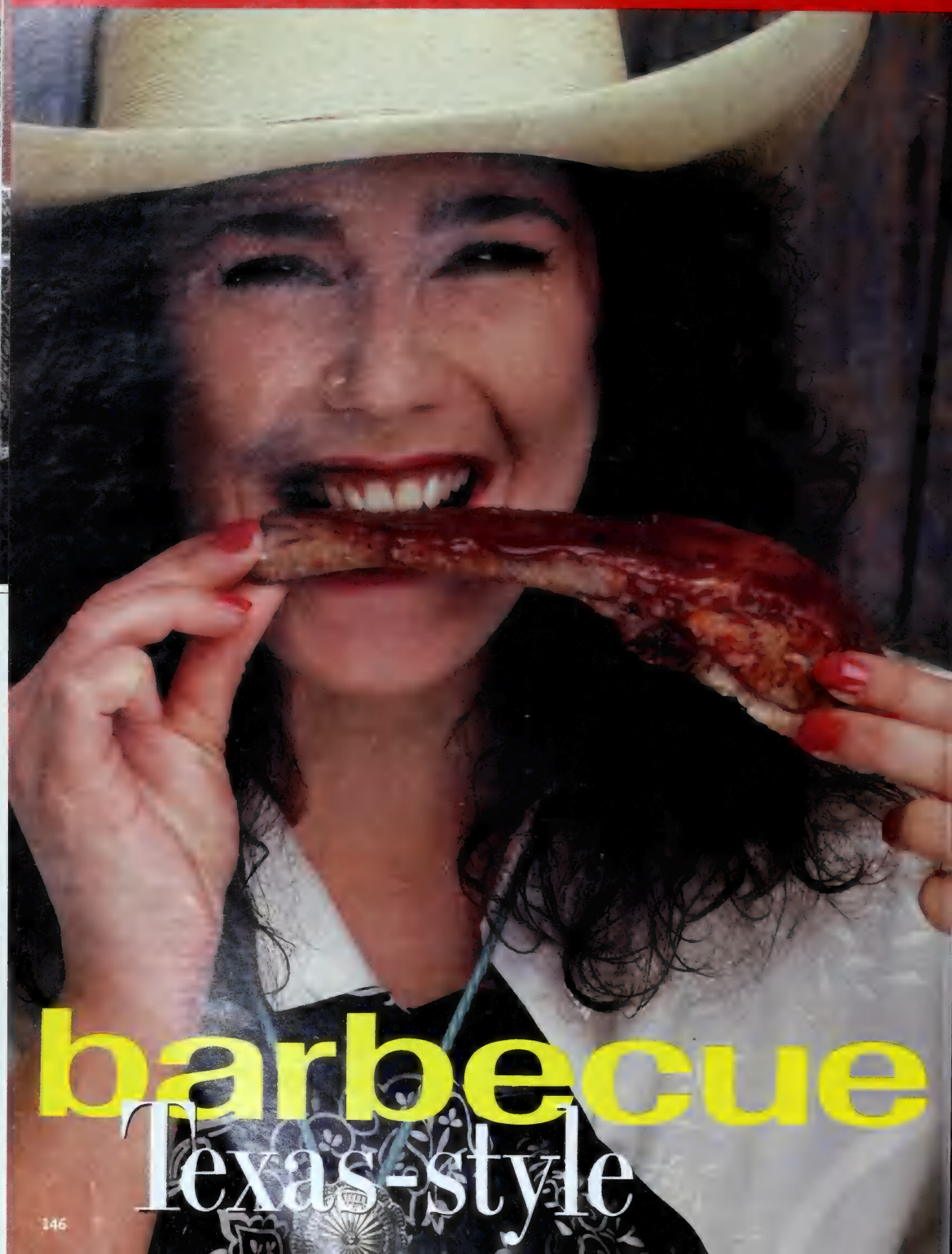


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ALL-AMERICAN



barbecue

Texas-style

FOOD

Round up the gang for a hearty hoedown of a dinner straight from the Lone Star State



Crowd-pleasin' eats include Barbecued Beef Brisket and Pork Ribs, plus a heaping plateful of all the fixin's

TEXAS BARBECUE
continued

Easy · Moderate · Challenging · Microwave

PICKLE-BARREL POTATO SALAD



Chilling the cooked potatoes before cubing helps them keep their shape.

Prep time: 35 minutes plus chilling
Cooking time: 25 minutes

- 3 pounds small whole new potatoes, unpeeled and scrubbed
- Salt
- 1 cup mayonnaise
- ¼ cup sour cream
- 3 tablespoons Dijon mustard
- ¼ to ½ teaspoon freshly ground pepper
- 6 hard-cooked eggs, chopped
- ⅔ cup chopped dill pickles (3 to 4 large)
- 1 small white onion, chopped fine
- Additional hard-cooked egg, for garnish

Place potatoes in large pot. Add salted water to cover. Bring to boil and simmer just until tender, about 25 minutes. Drain and chill. Cube potatoes.

Mix mayonnaise, sour cream, mustard, ¼ teaspoon salt and the pepper in large bowl. Add potatoes and remaining ingredients and toss to combine. Garnish with hard-cooked egg, cut into wedges, and sprinkle on a few grindings of pepper. Makes 12 servings.

Nutrition info per serving: 280 calories, 6 gm protein, 19 gm fat, 23 gm carbohydrates, 444 mg sodium, 150 mg cholesterol.

BACK-AT-THE-RANCH MARINATED VEGETABLES



Also known as LBJ Salad, after the favorite son of the Lone Star State who became the thirty-sixth U.S. president.

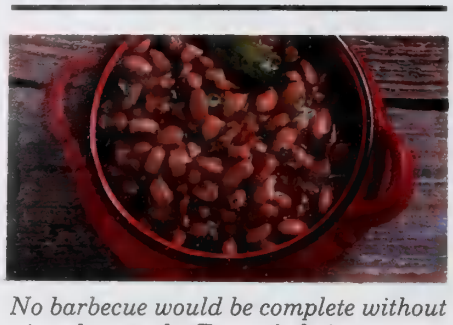
Prep time: 20 minutes plus chilling

- 2 tablespoons vegetable oil
- 2 tablespoons distilled white vinegar
- 2 teaspoons sugar
- 1 garlic clove, minced
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 3 cucumbers, seeded and sliced
- 3 tomatoes, diced
- 1 medium red onion, thinly sliced
- 1 avocado, sliced, for garnish
- 1 tomato, cut in wedges, for garnish

Whisk oil, vinegar, sugar, garlic, salt and pepper in large bowl. Add cucumbers, chopped tomatoes and onion; toss to coat. Cover and refrigerate at least 1 hour or up to 6 hours. Garnish with avocado slices and tomato wedges just before serving. Makes 12 servings.

Nutrition info per serving: 65 calories, 1 gm protein, 5 gm fat, 6 gm carbohydrates, 50 mg sodium, 0 mg cholesterol.

TEX-MEX FRIJOLES



No barbecue would be complete without pinto beans, the Texans' choice.

Prep time: 10 minutes plus soaking
Cooking time: 2 hours

- 1 pound dried pinto beans, picked over and rinsed
- 3 slices bacon, chopped or ¼ pound salt pork, diced
- 2 jalapeño chilies, pierced with a fork in several places
- 1 cup chopped onions
- 1 tablespoon minced garlic
- 2 teaspoons salt
- ½ cup flat beer
- ½ cup chopped fresh cilantro or parsley

Soak beans in water to cover by 2 inches in Dutch oven or large saucepot overnight; drain. (Or bring beans and water to boil; boil 2 minutes. Remove from heat, cover and let stand 1 hour. Drain.)

Return beans to pot. Add bacon, jalapeños, onions, garlic and salt. Add enough cold water to barely cover beans. Bring to boil. Reduce heat and simmer uncovered until beans are soft and liquid is thickened, about 2 to 3 hours, adding water as needed. Stir in beer; simmer 15 minutes more. *(Can be made ahead. Cover and refrigerate up to 24 hours. Reheat over medium heat, stirring occasionally.)* Stir in cilantro and serve hot. Remove and discard chili before serving. Makes 12 servings.

Nutrition info per ½ cup: 170 calories, 9 gm protein, 4 gm fat, 25 gm carbohydrates, 410 mg sodium, 4 mg cholesterol.

TEXAS BARBECUED PORK RIBS

Sam Higgins, who developed the dr rub and sauce for these ribs, is a barbe cue expert and caterer in Dallas.

Prep time: 30 minutes
Cooking time: 3 hours

- 4 whole racks pork ribs (10–12 lb.)
- Sam Higgins's Dry Rub (recipe follows)
- Sam Higgins's Special Cooking Sauce (recipe follows)
- 4 cups mesquite or hickory chips, if grilling

Preheat oven to 350°F. Place ribs i large roasting pan and cover with ho water. Cover pan with lid or foil; bak 1 hour. Remove ribs, cool slightly an pat dry. Rub both sides of racks wit dry rub.

Grill method: About 30 minutes befor cooking, soak 4 cups mesquite chips o hickory chips in water to cover. Place disposable roasting pan in center o bottom of kettle grill. Arrange 25 cha coal briquettes on 2 sides of pan. Ignit charcoal. When coals are covered wit white ash, add about 2 cups draine wood chips to each side. (The mor chips you use, the smokier the flavor

Stack ribs on rack away from coal cover grill and cook 1 hour, turnin ribs occasionally. Baste both sides ribs with cooking sauce. Cook covere 1 hour more, turning and bastin occasionally and adding more charco (3 or 4 briquettes at a time) if needed *Oven method:* Place meat on rack i roasting pan. Bake covered 1 hou Drain, if needed. Baste all sides of rib with cooking sauce. Bake uncovered hour, turning and basting ribs ever 20 minutes. Makes 12 servings.

Nutrition info per serving: 625 calories, 44 g protein, 45 gm fat, 6 gm carbohydrates, 2,937 m sodium, 178 mg cholesterol.

Sam Higgins's Dry Rub

- ⅓ cup salt
- 2 teaspoons ground red pepper
- 2 teaspoons freshly ground pepper

Combine all ingredients in small bow Store in airtight container.

Sam Higgins's Special Cooking Sauce

- 1 bottle (12 oz.) beer
- 1 jar (32 oz.) yellow or spicy brown mustard
- 5 teaspoons red pepper sauce
- ⅔ to ¾ cup firmly packed light brown sugar

Whisk all ingredients until smooth i small saucepan. Bring just to boil ov medium-high heat, stirring occasiona ly. Remove from heat.

SAM HIGGINS'S BARBECUED BEEF BRISKET

Barbecuing requires patience—it's t long, slow cooking that makes it fab lous and tender. To save money, bu brisket in cryovac (a vacuum-seale plastic package). *(continue*

Sunglasses.

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So fight infection with less irritation...with Polysporin.

After all, when someone in your family gets a scrape or scratch, they're probably irritated enough.



The gentler way to fight infection.

■ TEXAS BARBECUE
continued

Prep time: 30 minutes
Cooking time: 6 to 9¼ hours

- 1 partially trimmed beef brisket (8–10 lb.)
- Sam Higgins's Dry Rub (recipe above)
- Sam Higgins's Barbecue Sauce (recipe follo
- 4 cups mesquite or hickory chips, if grilling

Grill method: About 30 minutes be cooking, soak wood chips in wate cover. Place a disposable roasting in center of bottom of kettle grill. range 25 charcoal briquettes on 2 s of pan. Ignite charcoal. When coals covered with white ash, add abou cup drained wood chips to each s (The more chips you use, the smo the flavor.)

Rub 4 to 6 tablespoons dry rub c entire brisket. Place on rack over coals and sear 5 to 10 minutes each s Turn meat fat side up and place c drip pan. Drain remaining chips sprinkle over coals. Cover grill and c 2 hours. If grill registers hotter t 200°F., sprinkle coals with water.

Preheat oven to 250°F. W smoked brisket tightly in heavy Bake in large roasting pan u tender enough to cut with fork, 6 hours. Reserve drippings for sauce.

Oven method: Preheat oven to 25 Rub 4 to 6 tablespoons dry rub c entire brisket. Sear meat in hea roasting pan over medium-high h until browned on all sides, abou minutes. Cover pan and bake in o until tender, about 6 to 7 hours.

Trim fat, slice ¼ inch thick ac the grain and serve with Barbe Sauce. Makes 12 servings.

Nutrition info per serving: Without barbecue sc 945 calories, 55 gm protein, 78 gm fat, 0 gm cc hydrates, 1,885 mg sodium, 225 mg cholesterol.

Sam Higgins's Barbecue Sauce

- 1¼ cups ketchup
- ½ cup Worcestershire sauce
- ¼ cup water
- ¼ cup firmly packed light brown sugar
- Juice of 2 lemons
- ¼ cup minced onion
- ¼ cup brisket drippings
- 1 tablespoon red pepper sauce

Stir all ingredients in large saucep until smooth. Bring to boil and red heat. Simmer uncovered until th ened and dark, 30 to 45 minutes. should be thin enough to ladle.) Ma 2 cups.

Nutrition info per 2 tablespoons: 60 calories, 1 protein, 2 gm fat, 10 gm carbohydrates, 335 sodium, 1 mg cholesterol.

Recipes developed by Dottie Griff food editor of the Dallas Morn News and the author of "Wild Ab Munchies" (Barron's, 1989).



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Answer questions 1-12 & return this notice within 21 days!

YES THAT'S CORRECT. WE WILL PAY YOU a one thousand dollar government bond if you will help us with our testing.

If you are at least 10 lbs overweight.

If you have tried at least one popular diet plan within the last 12 months.

If you failed to lose (or keep off) all your excess weight and inches.

Then we want you to test **The Ultimate Solution Diet Program, the diet program that cannot fail.** Now you can eat all the delicious foods you love without ever counting a single calorie.

Before we make this remarkable program available through door to door and home distributors nationwide we want you, as well as a select group of other people, to test the program in the privacy of your own home and report back to us your test results.

You may wonder how we can possibly afford to pay $1,000.00 in U.S. Treasury Bonds to each person who participates in our test. Well, first of all you must see and answer this notice, which is only being run in selected newspapers. Second, as you may know, the weight loss field is a multi-billion dollar industry. We feel that after years of testing, we have developed the most practical, safe and effective diet program ever. We expect that **The Ultimate Solution Diet Program,** will eventually capture a large portion of that market. We look at this as simply an investment in our future.

The Ultimate Solution Diet Program is the most natural, effective, new and safe way to lose weight and inches that has ever been announced.

Whether you need to lose 10, 15, 30, 50, even 100 pounds or more. If you need to lose inches overall — around your waist, hips, thighs, arms. If you are disgusted with trying one fad diet after another, only to lose weight by starving yourself to death and gain it all back when you could not take it anymore then we want you to test **The Ultimate Solution Diet Program.**

The Ultimate Solution Diet Program now makes it possible to overall lose:

- up to 15 inches off your waistline
- up to 9 inches off your thighs
- up to 7 inches off your buttocks
- up to 12 inches off your hips

All in record time. People who are extremely overweight can far exceed these figures.

For complete program details, simply fill out the below form and return this notice within 21 days.

1. Approximately how long have you been trying to lose your excess weight? _____ yrs. _____ mos.
2. Your sex? ☐ female ☐ male
3. What is your present weight? _____
4. What do you want to weigh? _____
5. Your height? _____ ft. _____ in.
6. Approximately how many diet programs have you tried in the past? _____
7. Will you promise to give "The Ultimate Solution Diet Program" a fair and honest chance to work? ☐Yes ☐No
8. Will you follow "The Ultimate Solution Diet Program" for a minimum of two weeks? ☐Yes ☐No
9. Your Age? _____yrs. _____mos.
10. Is your frame size ☐Sm, ☐Med, or ☐Lg

☐ Check here if you would like distributorship information.

11. Name, If you can, the last diet program that you tried?
_____
_____

12. My phone number is:
(_____) _____ - _____.

Name _____

Address _____

City _____ State _____ Zip _____

Fill in the answers to questions 1-12 and return this notice to:

BOARD OF MEDICAL ADVISORS
P.O. BOX 50110
HENDERSON, NV. 89016

**Payment of your $1,000.00 government bond will be made by Amerdream Securities Corporation.*

2172



Oriental Saladventure Recipe: An exotic setting for four. Create a leafy bed of bok choy and spinach. Then arrange it with six ounces of blanched Chinese pea pods. Add a shredded carrot, two ounces of sliced water chestnuts, four ounces of crisp-steamed broccoli flowerets, and one ounce of Enoki mushrooms. Top it all with the delicious tang of T. Marzetti's Fresh Buttermilk Ranch Dressing. You'll find it refrigerated fresh in your grocer's produce department.

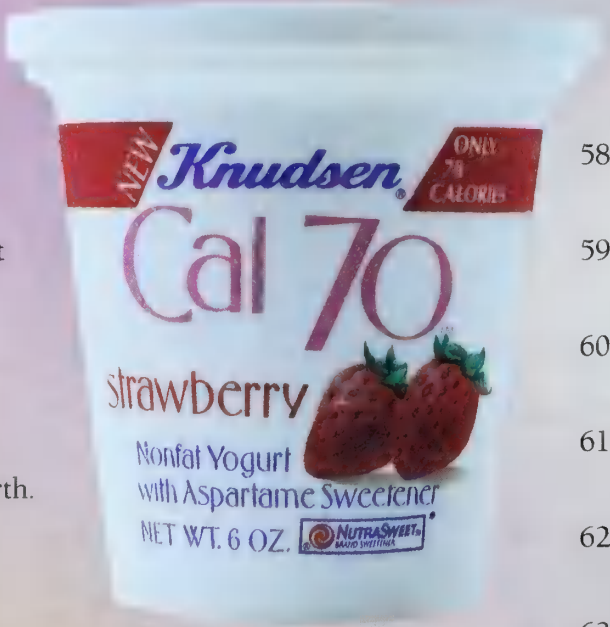
For more exciting recipes and money-saving coupons, write to: T. Marzetti Company, Dept. P, Box 29300, Columbus, Ohio 43229.

T. MARZETTI'S SALAD IDEAS FROM THE PRODUCE DEPARTMENT

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9. Luscious lemony lemon.
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11. 20 calories less than *Yoplait Light.*
12. You will yum it to pieces.
13. Sensuous and sinful strawberry.
14. Perfect peach for prominent people.
15. Met a tall, thin man.
16. Strawberry goes bananas.
17. Very voluptuous vanilla.
18. Raspberry is 10 reasons worth.
19. Yum, yum, yum.
20. Tempt your heart.
21. Add raisins. Mmmm.
22. Add granola. Ahhhhhhh.
23. Add nuts. Oooooh.
24. Daily reward.
25. Tempt your tummy.
26. Skinny stuff.
27. Thin man asked me to dinner.
28. Mmmm and thin con't.
29. This is will power.
30. Good triumphs over fat.
31. Ends sweet obsessions.
32. 70 itsy-bitsy calories.
33. Thank you *Cal 70.*
34. Who's the good loser?
35. No more monster diets.
36. I saw my cheekbones today.
37. I show off more because more shows off.
38. Mmm, Mmm, MMMMMMM.
39. Diet decadence.
40. Only 70 nowhere-to-be-seen calories.
41. Food for the soul.
42. I do my stretches.
43. I can desert dessert.
44. This is filling power, for those with taste.
45. Oh. Even my watch fits better.
46. Fitness is the answer.
47. I eat double
48. I am not cranky.
49. Balancing my diet is easy.
50. I don't obsess over food.
51. Thin man's name is Andy.
52. Isn't that sweet?
53. Wore "intensely-in" skirt.
54. This is meaningful food.
55. An abundance of calcium.
56. The goodness of protein
57. My nerves are not frayed.
58. Mixed strawberry and vanilla.
59. Inspired by fruit trees of heaven.
60. I can bare my midriff.
61. Andy is a conservative.
62. Andy asked if I were serious.
63. Had a raspberry and lemon day.
64. Good, Good, Good, Good. Good, Good, Good.
65. I fit into my jeans.
66. Live thin.
67. I reached my goal.
68. Lost some calories
69. Gained some perspective.
70. I proposed to An

70 Calories Worth Counting



Not available in all areas.

All photos, Irwin Horowitz; prop stylist, Sarah Barbaris; food stylist, A.J. Battifarano.

THE ice-cream COOKBOOK

What's the scoop on everyone's all-time favorite? An iceboxful of ideas for super new shapes and scrumptious sauces!



It's a grand old flag

Three cheers for the red, white and blueberry! A perfect Fourth finale.

Prep time: 30 minutes plus freezing

- ½ cup blueberry preserves, chilled
- 1 pint premium-quality blueberry-vanilla swirl ice-cream
- 2 pints premium-quality vanilla ice cream
- 1 pint raspberry sorbet
- Blueberry Sauce (see Fresh Fruit Sauce, page 156)
- Fresh raspberries, for garnish

To make blue field: Use a box from foil, plastic wrap or wax paper (box should have 2-inch sides). Measure and mark 9 inches on box from 1 end, then cut at mark. Slide cut ends together telescope fashion so that box is 9 inches long. Line box with foil. Add preserves to blueberry ice cream and stir until mixed. Pour into foil-lined box; freeze overnight.

Line 9x5-inch loaf pan with foil; chill. Unmold blueberry ice cream from box and fit lengthwise in one corner of pan.

To make stripes: Working quickly, spread ¾ cup vanilla ice cream on bottom of pan next to blueberry *(continued)*

THE ice-cream COOKBOOK



(continued) mixture; cover with even layer of ½ cup raspberry sorbet (return everything to freezer to harden as necessary). Repeat with another ¾ cup ice cream and another ½ cup sorbet (layers should be level with top of blueberry ice cream). Cover entire surface with even layer of 1¼ cups ice cream, then remaining sorbet and remaining ice cream. Cover with plastic wrap and freeze overnight, until hard.

To serve, unmold onto serving plate and cut crosswise into ½-inch slices. Serve with Blueberry Sauce if desired and garnish with raspberries. Makes 18 slices.



Tropical sundae pie

This dessert is delicious no matter what combination of ice creams and sorbets you use. ○

Prep time: 10 minutes plus freezing

- **1 pint mango sorbet or orange sherbet, softened**
- **1 pint raspberry sorbet, softened**
- **1 pint vanilla ice cream, softened**
- **1 prepared graham-cracker crust (6 oz.)**
- **1½ cups heavy or whipping cream**
- **Heavenly Hot Fudge Sauce (see page 156)**
- **Fresh strawberries and mint leaves, for garnish**

Using a ¼-cup scoop, alternate scoops of sorbets and ice cream in graham-cracker crust until bottom is covered. Continue scooping alternate colors to make second and third layers, forming a pyramid shape. Cover and freeze overnight.

One hour before serving, beat cream until stiff and pipe decoratively over pie. Freeze until cream is firm. Drizzle with hot fudge sauce just before serving. Garnish with berries and mint. Makes 12 servings.

Over-the-rainbow yogurt bombe

Frozen-yogurt stands are proliferating all over the country, so you should have no trouble finding these three complementary flavors. ○

Prep time: 15 minutes plus freezing

- **1 quart strawberry frozen yogurt**
- **1 pint papaya frozen yogurt**
- **1 pint blackberry frozen yogurt**
- **Sliced fresh berries and mint leaves, for garnish**

Use a deep 8-cup bowl with rounded edge and 6- to 7-inch



top diameter; line with plastic wrap. Spread strawberry yogurt on bottom and sides about 1-inch thick. (If yogurt is too soft, return to freezer to firm.) Spread papaya yogurt inside strawberry about 1-inch thick. Fill center with blackberry yogurt. Freeze until hard.

Invert mold onto platter and peel off plastic. Smooth with warm knife. Garnish with berries and mint. Makes 12 servings.

San Juan piña colada sorbet

We took the three ingredients in a piña colada drink and froze 'em in an ice-cream maker for *(continued)*

HOW CHEDDAR CHEESE GIVES PLAIN VEGETABLES A TASTE YOU'LL FANCY.

This bunch of broccoli was utterly uninspired, until a simple cheddar sauce melted your heart. How could something so easy make such a difference? Try this simple recipe and see!

MICROWAVE CHEDDAR SAUCE RECIPE

Heat 1 c. milk 2 minutes on medium high. Set aside. Melt 2 Tbs. butter 1 minute on high. Stir in 2 Tbs. flour, heat 1 minute more on high. Briskly stir in warm milk. Blend well. Cook on high 2½ minutes, or until boiling. Stir in 1 c. grated cheddar cheese. Blend well.



CHEESE MAKES ALL THE DIFFERENCE

America's Dairy Farmers
National Dairy Board

c National Dairy Board. 1988

THE ice-cream COOKBOOK



(continued) **an icy tropical treat.** ◯

Prep time: 10 minutes plus freezing

- **2 tablespoons dark rum**
- **2 cups unsweetened pineapple juice**
- **1 can (8¾ oz.) cream of coconut**
- **Fresh pineapple shells (optional)**
- **Sliced fresh pineapple, whole mint leaves and toasted coconut, for garnish**

Bring rum to boil in small saucepan. Pour into food processor or blender. Add pineapple juice and cream of coconut; puree until smooth. Pour into bowl and refrigerate until cold.

Transfer to 2-quart ice-cream maker and freeze according to manufacturer's directions. (Or pour into 9-inch square pan and freeze, then process in food processor until smooth. Return mixture to pan and freeze at least 2 hours.) Scoop sorbet into fresh pineapple shells or bowls and garnish with pineapple, mint and coconut. Makes 6 servings.

Creeping caterpillar

Invite our mint-chocolate critter to your child's next birthday party. ◯

Prep time: 15 minutes plus freezing

- **2 pints mint-chocolate chip or pistachio ice cream**
- **8 chocolate wafer cookies**
- **28 miniature marshmallows**
- **2 pieces (3 in.) red licorice**
- **2 green candy-covered peanuts**
- **1 red-hot candy**

Scoop 8 scoops ice cream onto cookies. Arrange in a zigzag on cookie sheet or tray. Place 2 marshmallows on each side of 7 scoops for feet. Insert licorice in top of eighth scoop for antennae. Stick peanuts on for eyes. Freeze at least 1 hour.

Just before serving, position red-hot for mouth. Makes 8 servings.

Bar-none crunchies

These homemade ice-cream bars are great party fare. Have your guests select toppings and coat their own.

Total prep time: 20 minutes ◯

- **½ gallon box vanilla or favorite flavor ice cream**
- **Wooden Popsicle sticks**
- **Choice of coatings (measures per bar):**
- **2 to 3 tablespoons crushed toffee candy**
- **2 to 3 tablespoons oatmeal cookie crumbs**
- **2 to 3 tablespoons toasted flaked coconut**
- **2 to 3 tablespoons crushed peppermint candies**
- **2 tablespoons chocolate or colored sprinkles**
- **2 tablespoons miniature chocolate chips**

Cut ice cream crosswise into quarters. Return 3 quarters to freezer. Mark remaining block crosswise in thirds with a knife. Insert a Popsicle stick in the center of each block and cut along marked lines. Return to freezer and repeat with remaining bars. Freeze all at least 15 minutes, then roll bars in coatings. Makes 12 bars.



wo-time "Plate of the Year" winner captures the beauty of cats and flowers!



Shown smaller than actual size of 8¼" in diameter.

ose Bloom

by Irene Spencer

the Danbury Mint

© 1989 MBI

A numbered limited edition collector plate trimmed in 23kt gold.

wers hold an extraordinary attraction s," says Irene Spencer — winner of the of the Year" award from the National ation of Limited Edition Dealers and lifornia Plate and Collectibles Show. n this very theme, Irene Spencer has l art that is twice inspired...by the ul beauty of cats...and the elegance ers.

hids are symbolic of love and beauty," es Ms. Spencer. "And the Siamese cat wned for its ornamental qualities." d by both, Irene Spencer has created ner loveliest works ever!

A Limited First Edition

e in Bloom" is the first in a new series ctor plates by Irene Spencer entitled *nd Flowers*. Each delicately shaded olor painting will combine a cher- reed of cat with a best-loved variety er. Two kinds of beauty in each paint- specially commissioned for this ion.

Each serially numbered plate will be accompanied by a matching, personalized Certificate of Authenticity attesting to its being produced within the edition limit of 14 firing days. As a finishing touch, each plate will be trimmed in timeless style with precious 23kt gold.

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Acquire "Nose in Bloom" and you will have the option — *but not the obligation* — to collect all subsequent plates in this exclusive series. Furthermore, under our *100% Unconditional Guarantee*, you may return any plate for replacement or refund within 30 days.

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Since Ms. Spencer is a "Plate of the Year" award-winning artist, this is a major collecting event. Reply now to guarantee a low serial number. Reservations will be processed in the order received, so send in yours today!

CFP Reply by August 31, 1989 07

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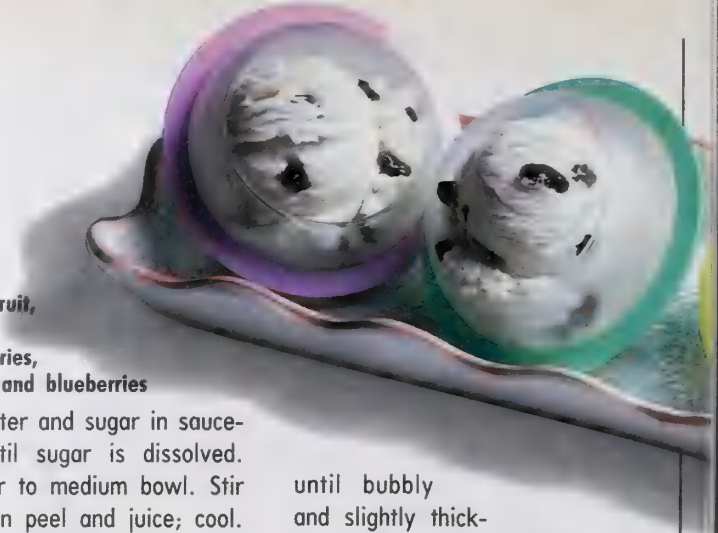
Limit: two plates per collector

Please accept my reservation for **"Nose in Bloom"** as described in this announcement. I wish to reserve _____ (1 or 2) plate(s) at $24.95 (plus $2.95 shipping and handling — total $27.90.*) each payable in U.S. funds.
Check one:
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Allow 8 to 12 weeks for shipment.
*CT residents pay $29.99 per plate to include sales tax
All orders subject to acceptance.

THE ice-cream COOKBOOK



Real rum-raisin ice cream

You can make a large batch of the rum-raisin mixture. It keeps in the refrigerator indefinitely.

Prep time: 5 minutes plus soaking and freezing ○

¼ cup raisins
3 tablespoons dark rum
1 pint vanilla ice cream, softened

Soak raisins in rum overnight. Stir into ice cream and freeze at least 6 hours before serving. Makes 4 servings.

Fresh Fruit Sauce

Ice cream becomes festive when dressed up with summer's bounty.

Total prep time: 10 minutes ○

¼ cup *each* water and sugar
¼ teaspoon grated lemon peel
1½ teaspoons fresh lemon juice
2 cups fruit, such as strawberries, peaches and blueberries

Boil water and sugar in saucepan until sugar is dissolved. Transfer to medium bowl. Stir in lemon peel and juice; cool. Stir in fruit. Makes 2 cups.

Heavenly hot fudge sauce

Refrigerate any leftover sauce in measuring cup. To serve, just zap it in the microwave.

Prep time: 5 minutes ○Ⓜ
Microwave time: 5 minutes

4 ounces unsweetened chocolate, chopped
½ cup heavy or whipping cream
⅓ cup granulated sugar
⅓ cup packed brown sugar
¼ cup light corn syrup
2 tablespoons butter
½ teaspoon vanilla extract

Combine chocolate, cream, both sugars and corn syrup in 4-cup microwaveproof measure. Microwave on High, whisking after each minute, until bubbly and slightly thickened, about 4 minutes. Whisk in butter and vanilla. Makes 2 cups.

White Chocolate Swirl: Combine ¼ cup heavy cream and 3 ounces coarsely chopped white chocolate in 2-cup microwaveproof measure. Microwave on High, whisking every minute, until bubbly and slightly thickened, 2 to 3 minutes. Whisk in 1 tablespoon butter and 2 teaspoons clear crème de cacao. Makes ⅓ cup. Spoon white and fudge sauces over ice cream.

Almond butterscotch sauce

A hint of almond flavor is a delicious twist to an old-fashioned favorite.

Prep time: 5 minutes ○
Cooking time: 5 minutes

1 tablespoon butter
¼ cup chopped almonds
½ cup packed brown sugar
⅓ cup light corn syrup
¼ cup heavy cream
2 tablespoons amaretto liqueur

Melt butter in medium saucepan over medium heat. Add almonds and cook, stirring, until golden. Stir in sugar, corn syrup and cream. Reduce heat to medium-low and boil, stirring, 3 minutes. Remove from heat and stir in liqueur. Serve warm. Makes 1½ cups.

Swiss Alps chocolate sauce

You don't have to tell anyone that this luscious sauce is so easy.

Prep time: 5 minutes ○Ⓜ
Microwave time: 1 minute

2 Swiss milk-chocolate bars with almonds and nougat (3.52 oz. each), chopped
½ cup heavy or whipping cream

Combine candy and cream in 4-cup microwaveproof measure. Microwave on High 1 minute and stir. Makes 1 cup. ■

Recipes by Carol Prager, Lisa Brainerd and Kathy Jackette.



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INSIDE THE JOURNAL KITCHEN

You asked for it

Dear LHJ:
Please print the recipe for Sesame Chicken from the Choi Inn in Carlstadt, NJ--if you can get it (I couldn't).

Jean Spratt,
Rutherford, NJ

Open sesame

Here is the Choi Inn's recipe and some tips on frying Chinese-style: It's essential that the oil be heated to the right temperature (if you don't have a thermometer, dip a chopstick in the hot oil; if the oil bubbles, it's hot enough). Using cornstarch in the batter makes a light, crispy crust.

Heat 2 inches vegetable oil in medium saucepan over medium heat to 360°F. Meanwhile, lightly beat 1 large egg in mixing bowl. Add 1 pound boneless, skinless chicken breast, cut into thin strips and turn to coat with fingers. Mix in ½ cup cornstarch. Add chicken strips one at a time to hot oil; fry in small batches just until golden, 1 to 2 minutes. Drain on paper towels.

Heat 2 teaspoons oil in wok or large skillet over medium-high heat. Carefully stir in 2 tablespoons *each* sugar and ketchup, and 1 tablespoon distilled white vinegar, 1½ teaspoons sesame paste (tahini), ¼ teaspoon minced garlic and pinch white pepper. Boil, stirring constantly, until just beginning to caramelize, 1 to 2 minutes. Add chicken strips and toss to coat. Sprinkle with 1 tablespoon toasted sesame seeds and 1 green onion, chopped. Makes 4 servings.

recipe index

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MARY JO

continued from page 112

t of the money was used to build house they now live in.

It was damn little, considering," echne says. "I'm not sorry we n't sue, though; it would have sed a lot more pressure."

n perhaps the most frustrating st of all, the couple say they met ce with Kennedy at his request rtly after the accident, and they ussed it with him—without learn- any more than they already w. The Kopechnes still are not why the meetings, one in New k and one in the senator's home, r took place.

Those were really ridiculous meetings," Mrs. Kopechne recalls contemptuously. "He just told us he didn't know which way he was heading when he drove out of the cottage. Everything was so damn disappointing. I didn't hear anything new; nobody told me anything, and I didn't even know what to *ask*." She slaps her hand on the dining-room table. "I don't believe anything I've heard so far," she adds. "I want *him* to tell me what happened. Can't he relieve us of this? Isn't there something he could tell me that would lift this heavy, heavy burden from my heart?"

She stops to catch her breath. "I don't think he seemed upset either time we saw him," she adds dryly, "and I don't remember him saying he was sorry."

In recent years, the Kopechnes say, their contact with Kennedy has been infrequent. "The only time we hear from him is if something's going to happen with him," Gwen Kopechne says. "We get a phone call just to find out how bitter we are and whether we're going to be cooperative.

"*He* called the last time he was in the area, and he was running for the presidential nomination, to let us know that he was there and that Joan was with him. I said, 'That's nice.' "

"Hell," her husband interjects, "you could see right through it. We could have said some nasty things about him, and it wouldn't have done him any good."

"If I wasn't in shock when he called," Mrs. Kopechne says in a low voice, "I would have said to him, *(continued)*



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'Did you go up to my daughter's grave?' "

She drums her fingers on the table a few seconds and then stops. For several minutes, the silence in the room grows heavier. Then Joseph Kopechne begins talking of how, in the midst of his painful memories, he reminds himself that the tragedy was not in vain. "Mary Jo's death," he says, choosing his words carefully, "kept the senator from becoming president."

Living with loss

Like many couples who have suffered an ordeal together, the Kopechnes seem to have attained an unusual harmony in their grief. "I can tell when he's down; he gets so tense," Mrs. Kopechne says. "I get the same way, and I think he understands that I'm down."

Since he retired thirteen years ago from his job as an insurance salesman, Joseph Kopechne finds he has more time to think about his daughter. "In some ways, it's harder now," he acknowledges. He and his wife fill their days with routines: He brings meals to homebound senior citizens and plays tennis; she has a coffee-and-cake club with her neighbors; they both attend Saturday afternoon mass at a nearby church. They travel regularly—to California to see friends, to Florida to visit relatives. Before they leave, they put flowers on their daughter's grave in a nearby town, and Joseph Kopechne mows the surrounding lawn.

Inevitably, despite their closeness, they suffer frequent episodes of feeling alone, of reliving the tragedy over and over again. "You go to bed at night," Mrs. Kopechne says, "and you think and you think and you rehash everything. You don't go to sleep, and your mind is running like a movie camera. What could have happened? Could this have happened? Should you do this, or would it be good to do that?" She stops, and for the first time, she cries openly.

"I think we could use some coffee," her husband says, quietly, tactfully. As he walks out to the kitchen, Gwen Kopechne dries her eyes, leans over and says in a low, intense voice, not wanting him to hear, *"She was his whole life."*

The couple are haunted by the thought of what their daughter might have achieved. "She made her mark in the world, but she could have done a lot more," Joseph Kopechne says, smiling.

His wife adds wistfully, "She'd be married and have about a dozen kids. I'd be a grandmother."

Sometimes, the Kopechnes adm
they let their dreams get the better
them. "Every now and then you thi
maybe she'll come home," Gwen sa
"We still find ourselves thinking th
maybe she's out working somewh
and she'll be home. Maybe that's wh
keeps us going." She stops and smi
sadly. "You have to believe some fu
ny things, you know?"

An unanswered question

Gwen Kopechne still thinks daily
the last time she spoke with h
daughter. It was the day before t
young woman left for Chappaquiddi
and she had called her parents to d
cuss her weekend plans—and to t
them some important news.

"She said to me, 'I've made two de
sions,' " Mrs. Kopechne recalls. "Th
her father came in and took the pho
over, and we didn't pick up the conve
sation again.

"Do you know, that has bothered m
and bothered me for twenty yea
What were the two decisions that m
daughter made? What was Mary
going to tell us?" Gwen Kopech
pauses and looks down at her hand
"I'll never know."

*Jane Farrell is a senior editor of L
dies' Home Journal.*



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BESS MYERSON

continued from page 107

immigrants, she graduated from Hunter College and became the first Jewish Miss America. She's been a television star (on the game shows *The Big Payoff* and *I've Got a Secret*) and the friend of governors, senators and mayors, and she served as consumer affairs commissioner and cultural affairs commissioner for the city of New York. But it's probably her latest role—that of accused woman—that has gained Bess the most public notice.

I've known Bess Myerson a lifetime. I know her companion, Andy Capasso. I know the whole cast of characters his bitter divorce propelled into a prosecution that forced Bess to face the possibility of thirty years behind bars.

How did she cope during her trial? Is there a step-by-step how-to-survive technique? How can you gear up day after day when you're fighting for your life?

"Listen," says Bess quietly, during one of the late-night heart-to-heart talks we've had over the past several months. "Just getting out of bed in the morning is a very important step. Those first minutes are tough. I remember one morning when I thought I couldn't make it. I knew I had to face reporters, prosecutors, witnesses. All I could think was, Oh, my God. All alone I cried out, 'God, what are they doing to me?'

"I talked to myself. Out loud I gave myself instructions. I said, 'Stop it . . . let's take each step . . . go inside now . . . brush your teeth.' I became my own nurse. My friend Ellie, who lives two blocks away, called. She said, 'Come over for oatmeal.' I thought, Yes, that's what I should do. Eat a good breakfast. Get on with the day.

"There were mornings I felt ill. One morning I was in such an awful state that I couldn't get up. The press was hounding me. Terrible things were being said. Everything was bad. I felt suicidal. I had reverted to feeling like a child. Helpless. Worse, helpless and hopeless. There seemed no way to fight. The world was having a field day with me, and I felt so alone. What I did was, I put my arms around myself, and I hugged myself. I became my own best friend."

She also decided to break off with the people who weren't real friends to her. "You must stay away from people who are quick to knock you down," she says. "Don't keep in touch. If they call, hang up. Foul-weather friends come around *because* you're in trouble. When you're one rung down, they feel higher. I remember a morning wh this particular person called and sa 'I just watched the news. Oh, my G how awful for you.' I said, 'Look, you're going to call me, I don't want hear what you read or saw. You're n being positive. Maybe you should call anymore.' "

And she refused to read or listen news reports of the trial. "I knew I w innocent, and when I started avoidi what the reporters said or wrote, found I could enter the courtroom ea morning without carrying that ext burden of negativity."

Bess learned, too, how to ignore h own inner concerns, her doubts a fears. "I developed engrossing distra tions," she says, "like reading a whc book straight through, playing the p ano for my own pleasure, forcing m self to walk five miles quickly, wi energy, as though I were being chase I'd say to myself, 'Faster, they're gai ing on you.' I'd work out physical like an athlete priming myself. And used the subway to go to court. I wan ed nobody pumping any drivers abo me. Also, this way I could feed off th people. Subway regulars take th same train at the same time every da After a while it became like a clu house. As they got off at their statio they would give me thumbs up. They

'I wish you luck.' That positive ion was heartening.
t night, I'd do everything conceiv- to build morale for the next day. tever would give me a night of so I wouldn't give in to fear. A e. Dinner with a trusted friend d give me a shot in the arm and me no matter what. Anything gave me peace and built up my dence."

abit of winning

iving has become a way of life for . She is a serial winner who has ured three divorces, ovarian can- a stroke and an unsuccessful Sen- campaign. Each time she made it, natter how tough it was. "When I cancer in 1973," she recalls, "I had ospital coverage and no husband, I had to depend on myself. In 1981 father had just died and I had my Senate campaign and I had roke. Still, I came out whole. mpairment."
ith a background like that, it's not rising that Bess Myerson is larger life, with more vitality than people. She does things in a der, more extreme way than most. n she finally fell, she landed hard- han most.

And there were plenty of people around to watch her fall. But Bess ignored them. "I learned to focus. It requires intense involvement to sit at that defense table totally aware and focused on everything that's said, so as not to miss a word. I psyched myself like a fighter. I kept busy only with the business of what would save me. See, things would get stuck in my memory. If I'd looked mean on TV, I'd feel upset. If I'd read some distortion, I'd be raging to refute it instead of listening to the proceedings. I heard that Jackie Kennedy and Frank Sinatra hadn't read those books against them. So you learn from others."

Bess worked at looking great, too. She had her hair styled. Her suits were elegant but simple. She wore fashionable high-heeled pumps—that is, until she walked past the cameras into the courtroom. Then she discarded the pumps in favor of flats so she could be comfortable when she tucked her long legs under the defense table. She wandered around during court recesses and stood on line for the pay phone and went for coffee in those flats.

One night, however, Bess realized she had left her pumps in the courtroom. The next day, she recalls, they were nowhere to be found: not in the courtroom, not in the lost-and-found department. In a turn of events that could happen only in New York, Bess found out that the shoes had disappeared when Imelda Marcos, the wife of the deposed Philippine dictator, was arraigned in the same room. (The Myerson trial had been given a day off.)

She still wonders, facetiously, if Mrs. Marcos, who had once collected three thousand pairs of shoes, now has three thousand and one.

The woman behind the headlines

As tough as she is, Myerson, like everyone else, has frailties, and they have been reported as extensively as her triumphs: There have been rumors of obsessive affairs and of high-handed behavior toward the people who worked for her.

"Sometimes I did crazy things," Bess admits. "I behaved in self-destructive ways, out of a sense of despair. I have had to live with the foolish parts of me. But you have to stop beating the hell out of yourself. No matter how tough it is, you tell yourself, 'Yes, I made a bad move. Everybody does. But I've made lots of good ones.' You work to sustain yourself against self-hate. You cannot continue to chastise yourself *(continued)*





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■ BESS MYERSON
continued

endlessly. Those could-have-beens and should-have-beens are killers.

"You have to forgive yourself. There's an arrogance that comes when you demand perfection of yourself. You get over that by developing humility."

To develop humility in herself, and to find peace during her trial, she turned to her religion, wrapping it about herself like some great warm cloak. "I'd met a group of highly intelligent Orthodox young women, all of whom had careers—a botanist, a teacher—and we shared similar backgrounds. They brought me to a rabbi, who gave me a blessing and a dollar and was prophetic. He told me everything would be all right.

"When I said my prayers, I asked God for help. There are certain psalms where you ask the Lord to take you through the gates of freedom and to prevent your enemies from triumphing over you. In those prayers I felt I was talking to Him directly.

"I began to light candles every Friday night. I still do. Saturday, the Sabbath, was what sustained me for the coming week. It was symbolic. It meant for that day I could have peace."

She found peace, too, through a more down-to-earth contact: her daughter, Barra Grant, who was a supervising producer and writer for the TV series *Dirty Dancing* and who was working in Hollywood at the time of the trial. "The relationship between Barra and me is forged in steel," says Bess, who fought her first husband for custody of her only child. "She called every night, sometimes several times. We'd talk about her work or the family. She'd say that the film she had written about my early life, which had been canceled when this trial began, was on track again and definitely going to be sold to TV. Her conversations were always ups.

"She'd say to me, 'It will be all right. They'd love you to be guilty, but you're not, so it won't happen.' She'd repeat often how much she loved me and how proud she was to have me for a mom.

"She couldn't come east during the trial, but the truth is it was easier not to have friends and family in the court. My instinct is to cluck over everyone: Are they hungry, is it too chilly? You must watch over them, so I was better off without anyone there."

The end of the drama

As the jury began its deliberations, Bess was glad that one member of her family was with her: her young granddaughter, Samantha, who was visiting from California. "I had pushed for her to come east," she recalls. "Subc sciously, I knew she was what I ne ed. Sam wasn't going to talk to about the trial. To have my six-ye old all to myself was thrilling. I bus myself with her. I fed on her love."

Sitting at the defense table, waiti for the verdict that would decide course of her life, Bess might ha looked nonchalant. But it was all act. "The end, waiting long day af long day for the verdict to come dov was the worst. My lawyers thought would take two hours. The jury to four days and four nights. Nobody c know how terrible those last da were. Andy and I were just prayi Ted Rubin [a psychiatrist and the thor of the classic best-seller *Lisa a David*] had told me, 'You like a go fight. This is a good fight. Go in lik fighter. Prepare yourself.' "

As the jurors came back into t courtroom, Bess recalls, "Andy mov over next to me at the defense table just wanted it to be over. More th anything, I needed to be free of t day-to-day torture. I started to sob. body shook." Then the jury forewom read the not-guilty verdict, and Be knew she could start putting her back together again.

"There was no need for celebratio after the acquittal," she says. "It w over. Over. Over. I was off that tortu rack. I didn't need stars and cha pagne; when I was a commissioner, had that every night. I reached out my granddaughter. She wanted t zoo and the ice-skating rink, and went with her to Radio City. I walk the town. That's how I celebrated with the sense of ongoing life."

She also visited the rabbi again, thank him for helping her. "He sai Bess recalls, " 'Now you must take yo success and use it for the people.' "

Will she? At the moment, Be seems content to wait and see wh life is going to bring her. "I'm doing little writing, but mostly I'm waitin listening. I know I'll be directed whatever comes.

"And what will come out of this She stops to think before answeri her own question. "A new beginnin All my stories have happy endin Success is the best revenge; I've ways had it, and I'll have it again.

"For now, I'll enjoy the quiet. I ha some happiness to catch up on. For long time it was taken away from m What I need now is a period of em tional convalescence. I want to see a hear and listen. I know that the bl som is inside the bud. I'm waiting it to open."

Cindy Adams is a columnist for t New York Post.

Classic Model Discovery and el-Beautiful Skin Contests

on page 32

CIAL RULES

s can enter both contests but win only one.

ve Classic Model Discovery is a contest for a woman or over to win a one-year modeling contract with Elite Management, $25,000 in cash and a $5,000 designer e from Louis Dell'Olio for Anne Klein. To enter, e the entry form on page 32, making sure to include all tion. Attach to the entry form the following: 2 Dove Bar wrappers (any size); a 50-words-or-less statement have camera potential because . . ."; and 2 current aphs: a close-up headshot and a full-length shot. The aphs must be color snapshots no larger than 5"X7" in

ve Model-Beautiful Skin Contest is a contest for age 30 or over to win $500 cash toward a day of in their home towns. There will be two winners in each region. To enter, complete the entry form on page 32, sure to include all information. Attach to the entry e following: 2 Dove Beauty Bar wrappers (any size); a ls-or-less statement on "How I Maintain Model-Beauti- "; and 2 current photographs: a close-up headshot and ngth shot. The photographs must be color snapshots no han 5"X7" in size.

for both contests must be age 30 or over by the 31, 1989, deadline. They may or may not have had modeling experience. Mail entries to Dove Classic liscovery Contest, Suite 1900, 40 West 57th Street, New Y 10019, or Dove Model-Beautiful Skin Contest, Suite 0 West 57th Street, New York, NY 10019. Entries for ntest must be sent separately. Entries must be received ust 31, 1989. No responsibility is assumed for lost, late irected mail or printing errors.

ve Classic Model Discovery

nd-prize winner will be selected from among the five (EASTERN: CT, ME, MA, NH, NJ, PA, RI, VT; WEST- K, AZ, CA, CO, HI, ID, MT, NV, NM, OR, UT, WA; EAST: AL, DC, DE, FL, GA, MD, NC, SC, TN, VA, WV; L: IL, IN, KY, MI, MS, OH, WI; MIDWEST: AR, IA, KS, , MO, NE, ND, OK, SD, TX, WY). In each of the 5 there will be a regional winner and a runner-up. The ional winners will come to New York to participate in nd-prize winner selection described below.

grand-prize winner will receive a prize of $25,000, a r modeling contract with Elite Model Management, g placement on the 1990 Elite Elegance Division head- nd a designer wardrobe (valued at $5,000).

grand-prize winner agrees to sign the standard Elite ment agreement form, a copy of which can be obtained ng and sending a self-addressed stamped envelope to del Management, c/o Suite 1900, 40 West 57th Street, rk, NY 10019 (or call 800-344-DOVE). Also, the grand- nner hereby agrees to be the highlight of a 3- to 14- tour to publicize the contest; transportation and meals provided by Dove Beauty Bar. Prizes are not exchange- transferrable; all will be awarded.

regional winner will receive $500 cash toward a day of in her area and a 4-day trip to New York City, g a visit to Elite Model Management for career counsel- participation in a grand-prize selection mini-pageant. eauty Bar will provide round-trip air transportation, commodations, and meals for 4 days.

runner-up will receive a year's supply of Dove Beauty a professional makeup kit.

ing will be based on judges' perception of: skin quality oints), overall appearance (1-10 points), articulateness oints) and motivation for an age 30+ modeling career oints). The contestant with the highest point total will be ner. The contestant with the second highest point total he first runner-up. All decisions of the judges are final.

grand-prize winner will agree to maintain the same physical appearance with respect to weight, hair color, gth and facial features for 12 months after selection. In t that physical appearance is not so maintained, the s shall have the right, if they so elect, to remove the and to award the first runner-up with the title.



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The 5 regional winners and runners-up will be notified by mail by October 1, 1989.

The regional winners must consent to be available to participate and render services in connection with a final-selection mini-pageant to be held in New York City in November, 1989, and to participate in photography/taping sessions and media interviews. They also agree, by entering the contest, to grant the sponsors of the contest the right to use their names, photographs (on film or videotape) and voice in connection with any promotion, publicity and advertising on behalf of Dove Beauty Bar in connection with the contest. The grand-prize winner will also render services in connection with additional photography/taping sessions in connection with any promotional, publicity and advertising on behalf of Dove Beauty Bar for the contest and as a participant in the tour. All winners will be required to sign an affidavit of eligibility and release.

The Dove Model-Beautiful Skin Contest

There will be two winners from each of the above regions to receive $500 cash toward a day of beauty.

Judging will be based on judges' perception of: creativity (1-10 points), appropriateness to theme (1-10 points), neatness (1-10 points) and grammar (1-10 points). All decisions of the judges are final.

The 10 winners will be notified by mail by October 1, 1989.

The 10 regional winners must consent to participate in photography/taping sessions and media interviews. They also agree, by entering the contest, to grant the sponsors of the contest the right to use their names, photographs (on film or videotape) and voice in connection with any promotion, publicity and advertising on behalf of Dove Beauty Bar in connection with the contest.

All photographs and materials submitted become the property of the sponsors (Lever Brothers Company, Meredith Corporation, Elite Model Management) and will not be returned or acknowledged. Winners and runners-up will be selected by a panel of experts designated by Lever Brothers Company, Inc. Employees and their families of Lever Brothers Company, Inc, Elite Model Management, Meredith Corporation, and their respective affiliates, subsidiaries and advertising agencies are not eligible. Contest void where prohibited or restricted by law. Taxes on prizes are the sole responsibility of the winner.

For a list of winners, send a self-addressed, stamped envelope to Dove Classic Model Discovery, 40 West 57th Street, New York, NY 10019.

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LAST LAUGHS

Out of the mouths of babes

Just before he turned three, my son asked, "Mommy, what did you and Daddy get me for my birthday?" "I can't tell you, Travis," I replied. "It's a secret." "That's okay, Mom," he said. "I'll be sure not to tell the other kids anything!" —*Karen Mattingly, Corydon, IN*

After I told my nursery school students to draw pictures of their fathers at work, I noticed that David was filling his paper with big circles. When I asked him what his father does, David said, "He's a doctor who makes rounds." —*Mary Roark, Houston, TX*

One morning my two small sons were quarreling at the breakfast table. To distract them, I showed my youngest two pancakes that were equally large and golden and asked him which one he wanted. "My brother's!" he said. —*Evelyn Lager, Los Angeles, CA*



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THE SUBURBANITE'S LAMENT

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Have made my kingdom thine!

—Mary I. Roberts

Words that Webster doesn't define

compizzable (adj.) The capacity of a group to agree upon toppings for a pizza (e.g., "Okay, no pepperoni—but we've *got* to have mushrooms").

credidiots (n.) People who linger during a movie's closing credits, as if they are going to see a name they recognize (e.g., "Look, honey, Ed Kremetski was the key grip!").

mallcontents (n.) The collection of bored, ticked-off husbands you always see perched on benches in the middle of a shopping center.

mowerhawks (n.) The few strips of tall blades that remain here and there after you cut the grass.

snippocrit (n.) A person who silently scrutinizes the hairdresser's locks before deciding to turn her own head over to this person.

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August

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Thom DeSanto

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August

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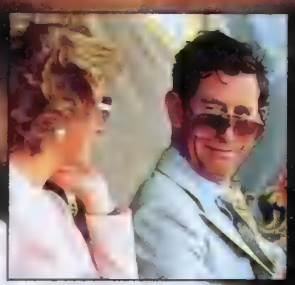
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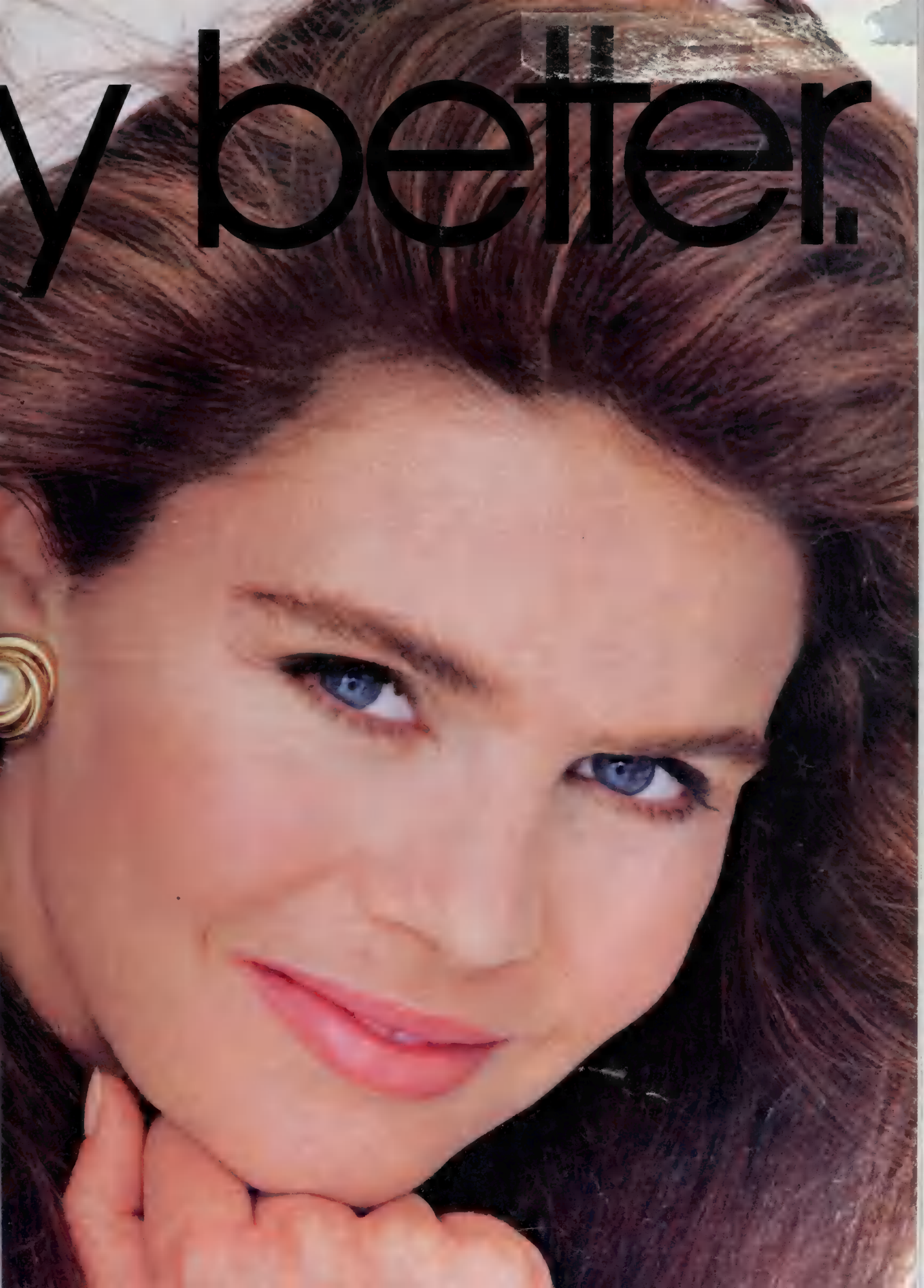
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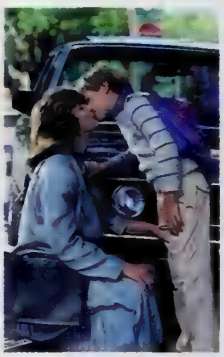
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Some doctors now think the cure for PMS, infertility and miscarriage might be as simple as a dose of everyday antibiotics. Find out the latest about this intriguing medical research. *By Melinda Beck*

120 • **I loved Lucy**
Just weeks before her death last spring, Lucille Ball played backgammon, shared laughs and reminisced with a dear old friend. Here is his personal account of a special day with everybody's favorite redhead. *By Jim Brochu*



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Real women talk about the problems of juggling family and career, plus the news on finding good child care, coping with kids' illnesses, beating the morning rush—and what kids and caretakers *really* think of working moms. *By Dava Sobel, Mary Mohler and Margery D. Rosen*

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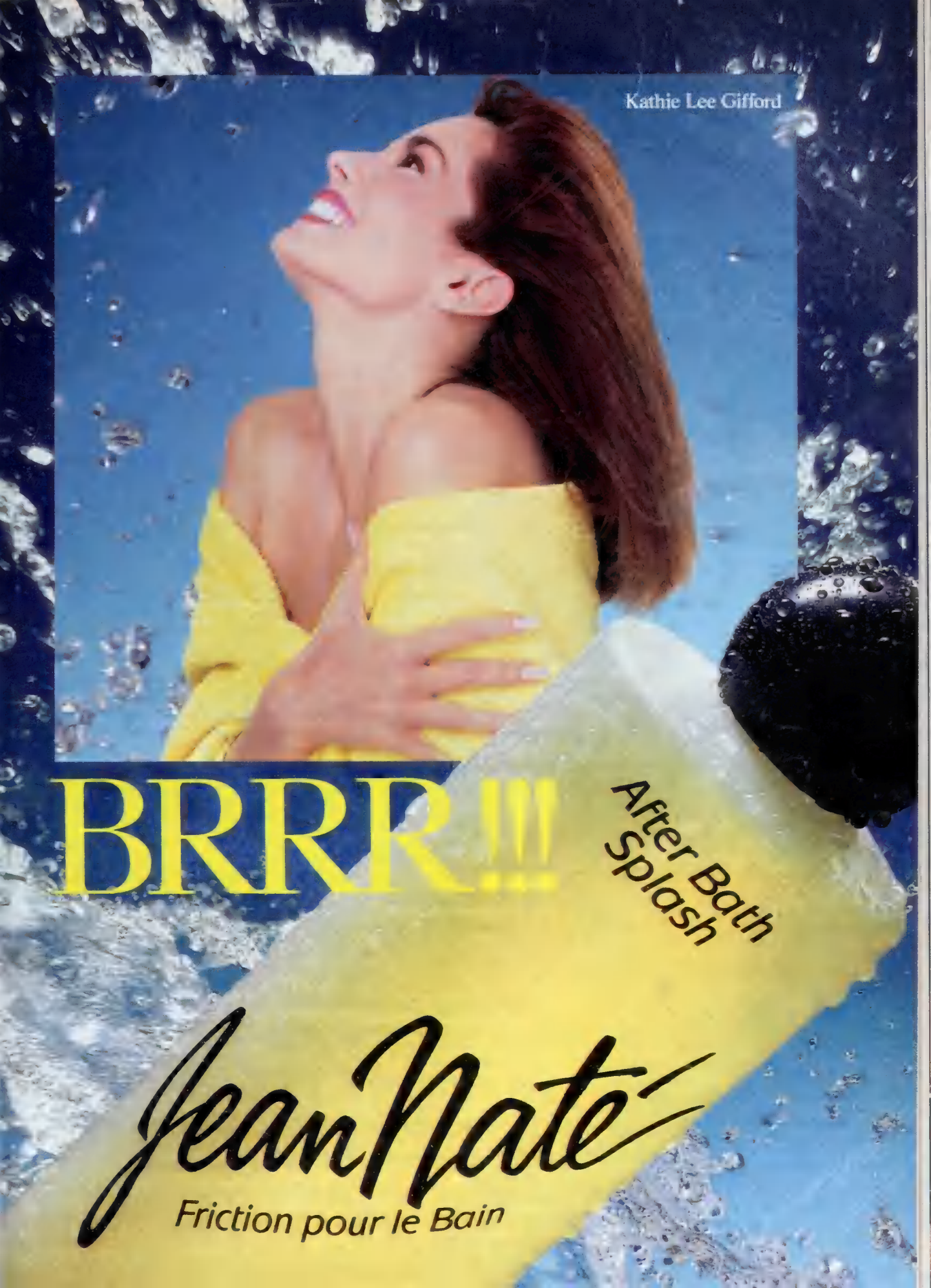
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EDITOR'S JOURNAL

By Myrna Blyth



Meet some working moms

Many of the staff members at *Ladies' Home Journal* are working moms. (Of course, I know that moms who stay home full-time work, too. But I think nowadays we all accept the fact that the expression "working mom" means a mother who also holds a job outside the home.) Because so many of us on staff understand the stresses, problems and rewards of this type of lifestyle, we really enjoyed producing this month's very special and comprehensive "Working moms' handbook." In our picture on the right you'll see three of our *LHJ* working moms and their bevy of adorable children. Mary Lou Mullen, who is shown with her daughter, Charlotte, gave birth to her son, Henry, about a week after this picture was taken. She even worked the day she had the baby. Now, that is most definitely a working mom.



(Left to right) Senior Editor Margery Rosen with daughter and son; Books and Fiction Editor Mary Lou Mullen with daughter; Managing Editor Mary Mohler with daughter and two sons

Talking about children, I feel I have to report that my older son, Jonathan, graduated from college at the end of May. Even though I didn't think time went quickly when my sons were small, I did think Jonathan's college years went by in a flash. I'm very proud of Jonathan, and now I'm looking forward to being the working mother of a working son.

Books and fiction editor Mary Lou made her prepartum contribution to this magazine by editing a lovely story by Anne Tyler, the Pulitzer Prize–winning author of *Breathing Lessons*, which *LHJ* excerpted last fall. In addition, Mary Lou found a touching excerpt from *The Broken Cord*, an important book about fetal alcohol syndrome.

What else is in this bountiful August issue? A touching memory of Lucille Ball, the latest on Princess Diana, an intriguing medical report every woman must read, plus midsummer style suggestions and wonderful recipes for no-cook meals. So get out of the kitchen—and read, relax and enjoy the kids enjoying the best days of summer.

READER CALL-IN DAY

This month it's Wednesday, August 2, from 4 to 8 P.M. Eastern time. Remember, the call's on you. At the phones: Food Editor Jan Hazard, 212-351-3681; Assistant Managing Editor Nina Keilin, 212-351-3684; Assistant Beauty and Fashion Editor Susan Parkes, 212-351-3682; and Associate Decorating Editor Karen Reisler, 212-351-3683.

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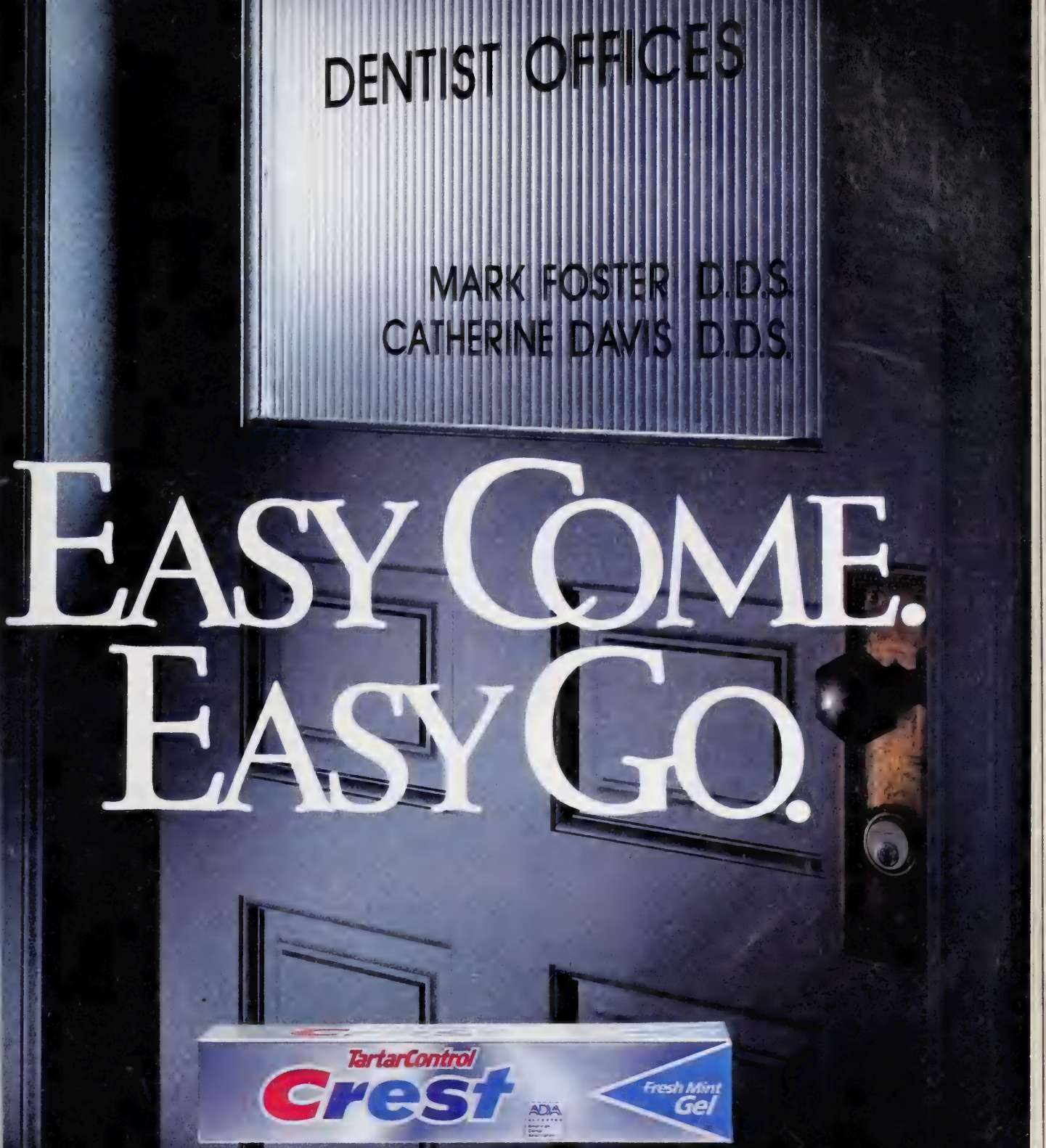
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"My weight is crushing our marriage"



Silhouettes, Tom Arma; photo, Four By Five.

Arlene and Eric's once-close marriage had turned cold and distant. Arlene believed there was only one reason: She was too fat

By Margery D. Rosen

Introduced thirty-six years ago, "Can this marriage be saved?" is the most popular, most enduring women's magazine feature in the world. This month's case is based on interviews with clients and information from the files of Evelyn Moschetta, D.S.W., Paul Moschetta, D.S.W., a husband-and-wife counseling team based in New York City and Bay Shore, Long Island. The story reported here is true, although names and other details have been changed to conceal identities.

Arlene's turn

"MY HUSBAND IS GOING to leave me because I'm too fat," said Arlene, thirty-seven, as tears filled her eyes. "Eric says he loves me, but he doesn't mean it. We've been married twelve years, and in all that time he hasn't stopped criticizing my weight.

"Of course, I never thought I'd *ever* get married and have a family. I was always big and fat. My mother told me that every day, in between beatings. There were seven of us kids, and from the time I was eight, I did all the child care, laundry and cleaning. She'd move the canisters on the counter, and if she found a speck of dirt, she'd smack me. I'm sure it was because I was so clumsy and ugly.

"When I think about it now, my father must have known what was happening—but mostly, he was never around. He worked so hard—he was a construction worker laying sewer pipe—and he took overtime whenever he could get it because money was tight. But he's the most wonderful, gentle man. Even today, I'll do anything for him. He and my sister are the only ones I still see.

"Though I was miserable at home, at least I was smart. I buried myself in my books and got involved in every activity I could—missionary club, field hockey, the debate team—so I could travel and get away from my mother. I didn't have many friends—people only called me to copy my homework—and of course I never dated.

"College was a turning point for me. I had won a full scholarship to a prestigious engineering school, and as one of only seven women, I was suddenly being asked out all the time! From the beginning, though, I had my eye on Eric.

"We were seated next to each other in freshman physics, and I thought he was brilliant and so handsome in a Clark Kent kind of way. He was also very athletic—he played on the football team. Mostly, though, I remember how kind and attentive he was to me. *(continued on page 16)*



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ects. Eric became this compulsive athlete: karate one da basketball the next. He wouldn't get home until past eleve

"But even though I work these incredible hours, Eric h always expected me to do everything—pay all the bills, the shopping and laundry. But mostly I'm sick of the w he criticizes how I look. My weight has always been problem: I weighed 177 on our first date, about 157 wh we got married, and now I'm back up to 200. But I do think my own husband has to say things like 'Susan h such beautiful hair. Why don't you ask her how she fixes i

"I remember one spring we were getting ready for Eri company picnic. I was actually at my thinnest point, an had bought this new sleeveless outfit. He said, 'How cou you ever think you'd look good in that?'

"In fact, Eric sabotages my efforts to lose weight. Aft playing basketball, he comes home with a container rocky-road ice cream or a box of doughnuts. When I poi out how impossible it is to stick to a diet with that stuff the house, he says, 'Why should I starve myself?'

"In spite of all this, I decided that I wanted to have child. We tried for a long time, but I couldn't get pregna so I went to fertility specialists. Eric refuses to come.

"I had suggested we go for counseling on and off years, but Eric always said no. Now he's agreed, but think it's probably too late. Eric should find himself so nineteen-year-old who'll worship the ground he walks and have nail polish that matches every outfit. It's obvio that I'm not what he wants."

Eric's turn

"Look, I don't deserve this. I'm a very good husband: I do run around with other women, I make a fine living. I tired of hearing about how *(continued on page 2*

■ CAN THIS MARRIAGE

continued from page 12

"Eric was shy, but finally we went to a basketball game, then came back to the dorm and talked until four A.M. Eric was living at home that year, and his mother was convinced I was a tramp; she's hated me ever since.

"I can't stand his mother and sister. They're very cold, very aloof. No one ever says what's on their mind, which is the complete opposite from my family. We're very up-front.

"I know they thought I wasn't good enough for Eric. To be honest, I didn't think I was good enough for him either. I was afraid people would point to us on the street and say, 'Why is that gorgeous guy going out with such a fat slob?' When the football team went away for the weekend, I was convinced he'd meet someone else and drop me.

"Though we dated steadily throughout college, by graduation, Eric still wouldn't make a commitment about marriage or even about finding a job for himself.

"I'd accepted an offer with a large manufacturing company, but I was tired of watching my life slip away. I wanted to get married, so I gave him an ultimatum: I refused to sleep with him until he married me. After about nine months—during that time he found a job—he gave in.

"But our troubles seemed to start right away. That wonderful closeness we had before we married vanished.

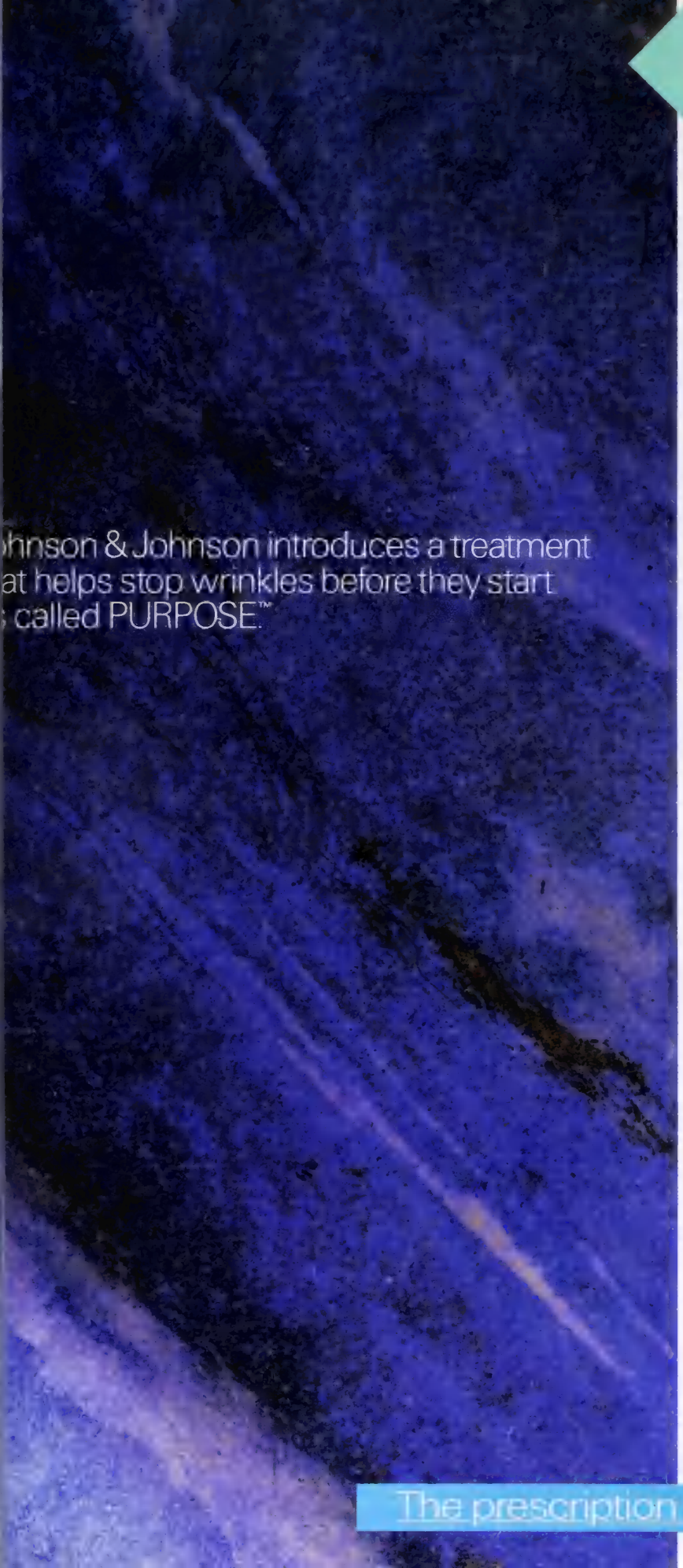
"Eric never wanted to do anything except sit on the couch after work and watch TV. I know we both worked long hours, but we never even went out to dinner or to a movie. Sometimes I'd go over to sit next to him, and he'd get up and walk into the other room.

"For a long time, our paths hardly even crossed. I have to do a lot of traveling for my job. Plus, I work at my church soup kitchen and help out with community-service proj-




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So look for PURPOSE™ Dual Treatment and PURPOSE™ Gentle Cleansing Soap. And help stop wrinkles before they start.

The prescription for healthy skin.

CAN THIS MARRIAGE

continued from page 16

terrible I am, " said Eric, thirty-seven, a handsome man who sat stiffly on the couch.

"You know, I listen to Arlene, and I wonder if I'm leading the same life she is. If I did or said half the things she accuses me of doing, I wouldn't want to be married to me either. But I don't—and it's quite clear that Arlene doesn't care one whit about how I feel.

"If she did, she'd lose weight. Arlene will insist to her dying day that it's because I don't like the way she looks, but that's not true. It's unhealthy to be as fat as she is. That's a medical fact.

"It's ironic that she says I criticize her weight because I don't love her. The way I see it, it's the other way around. I've told her how important it is to me that she lose weight; if she really loved me, she'd do it.

"Frankly, I don't understand why she can't. As far as I'm concerned, losing weight is simple. You stop eating and you start exercising. I haven't told her to fit into a bikini or win an Olympic medal or anything. This is the only thing I've ever asked her to do.

"Look, what I say and what Arlene hears are often two different things. For instance: If a co-worker has her hair in a French braid, and I think it looks great, I might say so. Is that any different from when Arlene says, 'Gee, I like Bob's tie; why don't you ask him where he got it?'

"But Arlene has always been like that. She either misunderstands or exaggerates what I say. She tells you that after we got married, we 'suddenly' had nothing in common. Well, we never had similar interests.

"Frankly, I think it's healthy to have different interests, but Arlene blows way out of proportion the amount of time I spend on sports. I might go to karate or basketball three times a week, for about two hours. Arlene sits and stews, just like in college when I'd travel with the football team.

"And I didn't stall about getting married either. I knew we'd get married; we were an item. But Arlene wanted to get married on our first date. I don't think waiting a few months, until after you graduate from college, can be considered stalling.

"I think it all gets back to the fact that Arlene is so dependent on me. I can't even walk into the bathroom to take out my contact lenses without her saying, 'Eric, Eric, where are you?'

"I also find it incredible that she says I don't participate enough around the house. Arlene is very detail-oriented, and she is easily overwhelmed
the littlest tasks. She's also very co
pulsive. The simple act of doing lau
dry becomes a big deal because she's
anxious about all the other things
her to-do list. But just because I do
assign as high a priority to whatev
she does doesn't mean I don't care.

"Her comments about the baby iss
are particularly galling. I never saic
didn't want to have a baby. I love kic
and I'm looking forward to havi
them. What I said was, I'm not rea
to go to a doctor when I can count
one hand the number of times we'
made love in the past year. Before
have all these tests, let's try to have
kid the old-fashioned way.

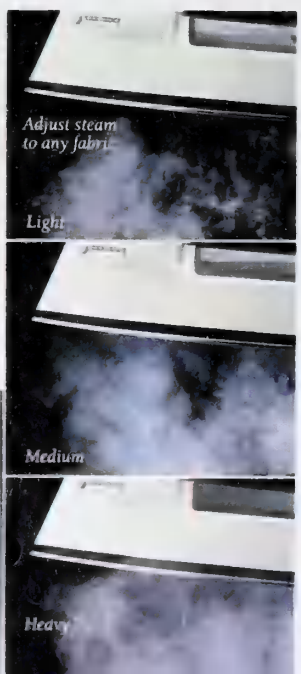
"You know, living with Arlene is n
easy. My family is different from he
My father had his own hardware sto
my mother was a housewife. I had
older sister, but other than the usu
sibling tiffs we never fought. I was
good kid, got good grades. Arlene lik
to call herself up-front, but I think b
ter words are loud and demandin
When she gets upset, she screams wi
such rage, she must really hate me.

"You know, Arlene is really ve
generous, but she spends so much tir
and energy helping others, ther
nothing left for me.

"Arlene was the first and only gir

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r dated. She was so friendly and going, I was drawn to her immedily. But this relationship isn't grow. I don't like to tell a third party ut our problems, but if our marge is going to end, then it's going to after we've tried everything."

e counselors' turn

lene and Eric believed the weight ue was destroying their marriage, it was apparent to us that it sked many other problems that t had to be resolved," said the counrs. "So, though we encouraged Ar- to see a weight-loss specialist, we centrated on other issues.

One problem was the fact that Ar- and Eric were very different types people. Arlene was emotional, mahal and highly demonstrative. Nected and abused as a child, she was with her self-esteem shattered, she grew into a woman who was perate for affection. When she sed she was not getting it, she uld become clinging. Witness her bility to let her husband leave the m for even a few minutes.

Like most abused children, Arlene learned that the only way to hanfeelings of anger or frustration was ash out at others. Food became her g of choice: When she was anxious, et or angry, she would eat.

Eric, on the other hand, was the tome of the rational man. Highly ralistic and self-righteous, he conered himself the wounded party in relationship. An excellent athlete, also viewed his wife's inability to weight as a weakness.

Unfortunately, Eric's holier-thanu attitude prevented him from seehow he was undermining whatever -esteem Arlene managed to sale, as well as her efforts to achieve one goal he had set as such a high rity: her losing weight.

Though Eric kept insisting that ning exceptional happened in his dhood, with further prodding he itted he often felt that his strict her and older sister made him feel he was never good enough. What's e, since he was not encouraged to ress his feelings and thoughts or n to make his own decisions, he er learned how to communicate in lpful way.

Though Eric adored his father, he a passive figure who worked hard, ue home and watched TV, then t to bed. Since he rarely took part family decision making, it's not d to see how his son developed his v of what a husband should be.

One of our major goals was to help ene take pride in herself. We pointed out that she had been treated so badly as a child not because she was unlovable or unworthy but rather because her mother was a very sick woman. We talked much about her inner strengths as well as her many fine qualities—her compassion, her exceptional brightness, her sensitivity.

"Arlene also had to realize that her childhood experiences affected her relationship with her husband in many ways. For instance, to help lessen her childlike need for attention, we suggested she count to one hundred the next time Eric left the room and she began to feel isolated. Gradually, she was able to feel less anxious.

"Arlene also had to stop lashing out at her husband when she was angry. We pointed out that Eric had a different style of handling things, and she had to let him do things his way. For instance, to solve the question of helping around the house, we suggested that Arlene first make a list of chores that needed to be done. Then the two of them would sit down and decide who would do what. Arlene had to allow Eric to set his own timetable and not nag him to do something faster, and after a while she saw that Eric did fulfill his obligations. Eric came to understand that, while he would grow quiet if upset, his wife was a yeller. 'I know if she does blow her stack, it's not because she hates me,' he said.

"Of course, for a long time, Eric continued to deny that he had contributed to their problems. Once we pointed out that unconsciously he was trying to get back at her for what he saw as a lack of love, Eric started to recognize the times he was acting out of hostility.

"A real turning point came for this couple about eight months into counseling. At Arlene's urging, Eric accompanied her to a weekend convention for people who were very overweight. For the first time, Eric understood how painful and humiliating Arlene's weight problem was for her and that losing those pounds was not simply a question of 'not eating.'

" 'It had never occurred to me that food addiction was a disease, just like alcohol addiction,' Eric said at one session. 'I would never drink in front of an alcoholic . . . and from now on I won't bring food into the house that I know Arlene cannot eat.'

"Arlene and Eric stopped therapy after fourteen months, though Arlene comes by from time to time. The last time we spoke, she was glowing: 'I have never felt happier in my life,' she told us. 'And I'm three months pregnant.' Clearly, they had resolved the baby question, too." ■



"From welfare mom to millionaire"

For years I lived in poverty, barely able to feed my two children. But I refused to give up my fight for a better life. Finally my determination paid off—beyond my wildest dreams! By Eileen Goudge



Today, the author creates her novels on a personal computer. But she remembers the days when she had to borrow a typewriter because she couldn't afford one of her own

I sat in my literary agent's New York office trembling on the edge of my seat. Al, my agent—who is also my husband—hung up the phone and spoke the magic words I'd been waiting all day to hear. Beaming, he announced, "Honey, you're rich!"

Since nine A.M. two publishers had been bidding for my novel, *Garden of Lies*. It's a story of star-crossed lovers, centering on a mother who switches her infant daughter for another baby, and the entanglements that result. The book had just been sold, along with the rights to my next novel—for an advance of nearly $1 million.

A cheer went up around Al's office. But I just sat there, dazed. I was haunted by the memory of a summer day in 1972, when I had sat in another office, in Santa Cruz, California. The room had been filled with young mothers struggling to quiet their squalling babies. Each woman clutched a card with a number on it, and each wore a similar look of hopeless resignation.

I was one of them—a welfare mother. I'd been ordered by the welfare department to appear on that date, and they hadn't even explained why. For four hours I'd been waiting for a social worker to see me. My infant son's diaper needed changing, yet I didn't dare leave the room because I might lose my place.

When women I'd seen come in after me were called, I started to despair. I wanted to cry out, "What about me?" but I felt too small and powerless. I was at the mercy of the bureaucracy. Who was I to risk making waves?

Finally, at five P.M., when the receptionist began putting on her coat, I crept forward. I showed her my number, and she checked it against her list. No, she said, my name wasn't on the list. Come back tomorrow, she told me. I burst into tears. I felt like I was nothing.

It seemed almost unbelievable that only two years earlier I'd been a freshman in college. Then I'd met Tom (not his real name) and fallen in love. We'd gotten married right away, *(continued)*

Kate Connell



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(continued) and I dropped out of school. After two unhappy years of marriage, we were divorced.

Barely out of my teens, I had a baby to care for and no money, no marketable skills and only a high school diploma. My ex-husband refused to pay child support, and I didn't want to be a burden to my parents. So I found a job as a clerk in a dress shop and moved into a small, shabby apartment. However, I discovered that to make ends meet I'd have to get a second job.

A co-worker suggested welfare. I was outraged. I wanted to *earn* my living. But when I realized that having two jobs meant that Michael would have to be raised by day-care workers and baby-sitters, I changed my mind. My son needed me, and that was more important.

"Some days, all we had to eat were potatoes. I had to beg the phone company not to disconnect us."

Swallowing my pride, I applied for Aid to Families with Dependent Children. Once a month I received a check for $197.50. That had to cover rent, utilities, food, clothing and transportation. I always made sure Michael had enough to eat, but often I went hungry.

To society I was a sponger. The day I went to court when my divorce became final, the judge glowered at me from the bench. "I don't see why an able-bodied woman can't work for a living like the rest of us," he bellowed. I felt as if I'd been found guilty of a terrible crime.

The judge's disgust, I found, was shared—by grocery clerks, bank tellers, even men I dated. The pride I'd once felt in myself was being whittled down to nothing.

That day in the welfare office became a turning point. Back home, I cried myself to sleep. But by morning, I was angry. Why was I letting the system treat me this way?

Newly determined, I borrowed a neighbor's typewriter and started a short story. In high school, my stories and essays had earned top marks and lots of praise. I'd even won an honorable mention in an *Atlantic Monthly* poetry contest. Now I thought that if I could sell one article or story, even for only a dollar or two, then I'd be one step closer to getting off welfare—and regaining my self-esteem.

During the next two years I spent hours at the typewriter, sending manuscripts to magazines and newspapers all over the country. Then, in 1974, I met the man who became my second husband, John (not his real name). Six months later, we got married.

However, things grew harder over the next several years. John, a free-lance construction worker, didn't have jobs much of the time, and most of my article submissions were rejected. In 1976, our daughter, Mary Rose, was born. A family of four, we were scraping by on less than $8,000 a year. Some days, all we had to eat were potatoes. Often, I had to beg the phone company not to disconnect us.

But I knew that any day my luck could change. Each afternoon I reached into my mailbox, praying for an acceptance.

I'll never forget the day I sold my first article. The *National Star* bought a short piece I'd written titled "An Egg in Your Car Will Save You Money." I'd gotten the idea from a race-car driver on TV, who'd said one way to save on gas was to drive as though there were an imaginary egg between your foot and the gas pedal. I was so thrilled I wanted to frame the check, but I needed the twenty dollars for food. I framed a photocopy instead.

Gradually, other publications began accepting my work. I also enrolled in a free night-school course called Writing to Sell. My teacher had published several novels, and she encouraged me to try my hand at a gothic romance. I was excited and nervous. Suppose I was no good? When I completed a few chapters, I gave them to her. After the next class she took me aside. My heart was in my throat. Alice smiled. "I'm saving a shelf in my bookcase for all the books you're going to write someday," she said.

I was thrilled. Inspired by her confidence in me, I wrote a novel for teenagers, which was accepted. But while my career was getting better, my marriage was growing worse. Frustrated with financial difficulties, John was often abusive, both verbally and physically. Once, when Michael accidentally knocked down one of John's tools, my husband beat him with a belt.

Nine years of poverty had taken their toll. Finally, we got divorced.

That's when I made a major change in my life. For years I had wanted to live in New York City. Once I was on my own with the kids, I thought, Why not? So in 1983, I gathered up my courage and every cent I had and moved with my son and daughter. I found an affordable apartment in Brooklyn, and in the first month I landed several contracts to write teen novels with the same company that had published my first book. But spurred by the fear that the kids and I could still end up out on the sidewalk, I wrote constantly—at my typewriter, on the subway, in coffee shops and in bed at night.

My real ambition, however, was to write *Garden of Lies*. I knew it could be a compelling story. But I also realized it might take me years to write and that it might sell for peanuts—if it sold at all.

Meanwhile I had begun seeing Al, whom I'd met at a booksellers' convention. We were married in 1985.

Shortly after, I finally started working on *Garden of Lies*. And after Viking Penguin bought it, my good fortune multiplied. ABC bought the rights to make a miniseries. Publishers worldwide contracted to translate it into eleven languages. The Book-of-the-Month Club chose it as a featured selection, and Books on Tape will record it. Some days I have to pinch myself to make sure this is happening.

Recently, as I was walking near my home, a woman with two little girls approached me. "Can you help us?" she pleaded. "I'm on welfare. My check barely covers the rent. I can't feed my babies."

As I fumbled for some money, I tried to hide my tears. I knew that the dollar bills I thrust into her hand were of little comfort. I wished instead I could have given her something more important: hope.

Don't be afraid to dream, I would tell her. Dreams cost a lot less than a loaf of bread, the supply is endless . . . and they *can* come true. ■

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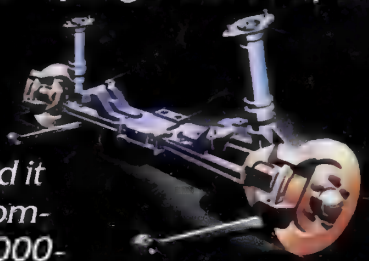
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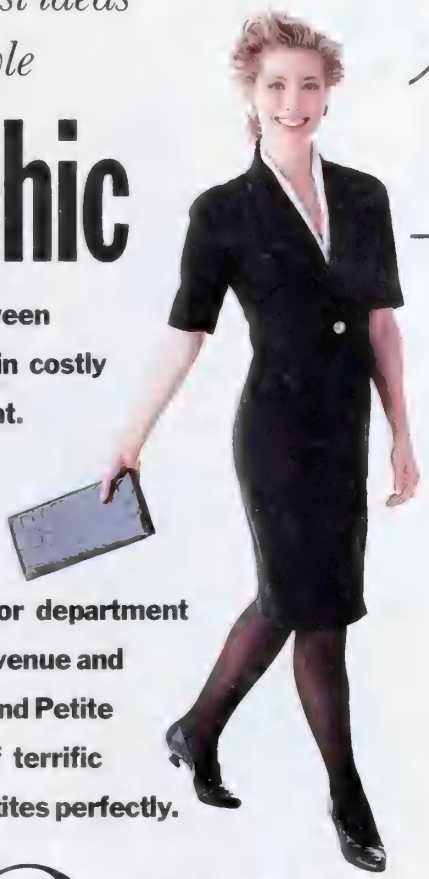
Why grow old gracefully? Fight it.

Set your sights on a cache of august ideas and appealing solutions for hot summer style

PETITE chic

It wasn't long ago that petite women had to choose between fashion and fit—they could go for high style and invest in costly alterations or settle for a teen look from the junior department. Well, all that has changed. Today, top designers like Perry Ellis, Anne Klein, Adrienne Vittadini and Liz Claiborne are turning out high-quality clothing in petite sizes. They can be found in major department stores like Macy's and Saks Fifth Avenue and petite specialty stores such as Piaffe and Petite Sophisticate. Here, a sample of terrific new clothing designed to fit petites perfectly.

1



2



3



1. Ideal for the office, this slim black tuxedo-style coatdress from Anne Klein II Petites features the details petites should look for: the new elbow-length sleeves and softly rounded, natural-looking shoulder pads to boost upper-body proportions.

2. Count on streamlined, tailored clothing in neutral shades—like this swank black pantsuit from Anne Klein II Petites. The one-button blazer boasts a waist-shaping half belt in back; under it, a white crew (petites must keep necklines spare).

3. Menswear patterns are in, and they just happen to look terrific on petites. We love the polish of this red-and-ivory houndstooth suit from Anne Klein II Petites—the tony cropped jacket offers newsy three-quarter-length sleeves. Never overload accessories—one or two dramatic pieces should be enough.

Dress and suits available at Piaffe, NYC. Far left: cashmere sweater, Lyle and Scott; shoes, Joan and David. Top right: clutch, Jill Stuart New York; shoes, Joan and David. Middle: belt, Omega; bag, Jill Stuart New York; shoes, Joan and David. Details, page 161. ▶

Virginia Slims remembers when women were rocking and rolling around the clock.



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You've come a long way, baby.



4



4. If you love unmatched suits, our combo will suit you to a T: a red double-breasted jacket over a slim black skirt from Anne Klein II Petites. The curvy jacket flatters figure contours; the wide-set top buttons add strength to upper body.

5

5. Another standout style? Gianni's mini-houndstooth pantsuit. The jacket features just-above-the-wrist sleeves; the trousers are tapered for maximum slimness. Remember: Avoid oversize bags—if you need to carry a lot, choose a small handbag and a medium-size tote.





6

6. Sleek jumpsuits like this tailored black-wool version from Anne Klein II Petites really pack a punch for fall. A chain belt defines the waist, adds a shot of style. A solid color from top to toe creates a long, lean look.

Unmatched suit and jumpsuit available at Macy's, pantsuit available at Piaffe, NYC. Middle: Belt, Omega; shoes, 9 West. Right: shirt, Ellen Tracey Petites; bag, Mark Cross. Left: blouse, Spiegel Catalog; shoes, Joan and David. Details, page 161.

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feminine

fragrances are floral—sometimes with touches of citrus or spice. Show off your romantic side with: Victoria's Bouquet by Victoria's Secret, Boucheron, X'IA XIANG by Revlon, Chloe by Elizabeth Arden, California by Max Factor, Paris Fleur de Parfum by Yves Saint Laurent, Oscar de la Renta by Parfums Stern and Vanderbilt by Gloria Vanderbilt

CHIC

scents aren't floral or spicy—they're a unique blend of aromas. If you're a trendsetter spritz on: Coco by Chanel, Carolina Herrera, Facets by Avon, Bijan for women, Halston Couture, Fendi by Elizabeth Arden, Parfum d'Hermès, Trouble by Revlon, K de Krizia and Red by Giorgio Beverly Hills

SEXY

perfumes are heady Oriental aromas such as musks, jasmine and Bulgarian rose. Dare to wear: Obsession by Calvin Klein, Poison by Christian Dior, "273" by Fred Hayman Beverly Hills, Loulou by Cacharel, Passion by Elizabeth Taylor, Intimate by Revlon, Gale by Gale Hayman, Spectacular by Joan Collins, Uninhibited by Cher, Parfum BIC and Knowing by Estée Lauder

Clockwise, from top: "273" by Fred Hayman, Vanderbilt Eau de Toilette Spray by Gloria Vanderbilt, Victoria's Bouquet Eau de Toilette by Victoria's Secret, Trouble by Revlon, Red Extraordinary Perfume by Giorgio Beverly Hills, Facets Eau de Cologne Spray by Avon.

TEN SCENT-SATIONAL TIPS

■ Keep fragrance tightly closed in a cool, dark place. ■ Perfume usually lasts a year. Toss any that has darkened or altered in aroma. ■ Spray fragrances tend to last longer than bottled perfumes because they're better sealed. ■ Love spicy food? Your body chemistry changes when you eat the hot stuff and increases the intensity of your fragrance. ■ Refresh fragrance after three hours. You can change fragrance after three hours—perfumes, because they're made from ingredients in nature, are compatible. ■ Perfume lasts longer on oily skin. If your skin is dry, try a perfumed moisturizer or bath oil. If you have oily skin, stick to lighter fragrances because body oils intensify aromas. ■ Don't invest in a perfume after one whiff—decide if you like it after an hour or so. ■ Never apply fragrance to clothing—it will stain. ■ Refrigerate cologne for a quick hot-day pickup. ■ Applied too much? Remove excess with an alcohol-soaked cotton ball.


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Isn't it time you started shaving like a woman? Daisy Plus from Gillette.

celeb

a tale of two LINDAS



These two long-suffering sweethearts of nighttime soaps have left the shows that gave them fame. Is there life after "Dallas" and "Dynasty"?

Linda Gray: The butterfly is free

By Linden Gross



Sue Ellen and J.R.

Linda Gray is cleaning house. She's gutted her home on a three-acre ranch north of Los Angeles, and she's starting over from scratch. It's a process of self-affirmation; for the first time in her life, she trusts herself and her taste enough to indulge her wants completely. There are even fantasies to be realized, including a mirrored bathroom with an electric skylight, a twelve-inch shower head she calls the rain forest, and an eight-by-eight-foot shower stall the color of "coffee with a lot of cream in it."

"Everything is my handpicked choice," Gray says, flashing the wide smile that *Dallas* made famous. "It'll be wonderful. Magical. A kind of nice mirror to myself that says, 'Yeah, you're okay.'"

The forty-six-year-old actress may need that confidence. This fall, for the first time in eleven years, she won't be going back to her role as Sue Ellen Ewing, the much-abused, vengeful wife of J.R., the lusty antihero everybody loves to hate.

News that she had left the series stunned fans and colleagues alike. Why was she going? What would she do next? Other nighttime-soap stars had departed popular series only to see their careers stall, and Gray seems aware of the risk. "I don't want to be one of those stars who just falls off the cliff and is never heard of again," she concedes.

And no, she insists, she wasn't pushed to make way for a younger actress. "I've done everything I could to breathe magic and life into Sue Ellen Ewing, but I've taken her as far as I can," she says. "It's time for me to leave."

Gray has started over before. She only took up acting at the relatively ripe age of thirty-two. A former model, she was then married to Ed Thrasher, a TV art director. She's the mother of Jeff, now twenty-five, and Kehly, twenty-two. By most accounts, Gray's desire for an acting career wasn't popular with her husband, and it may have contributed to their 1983 divorce after twenty-one years of marriage. But the gamble paid *(continued)*

Photos, from top: Dick Zimmerman/Shooting Star; CBS.

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ERIOUS BEAUTY TREATMENTS FOR YOUR HAIR

LINDA GRAY
continued

off, and she began winning bit parts in TV series such as *Marcus Welby*. Four years after she began taking acting lessons, Gray landed the role of Sue Ellen.

"They wanted someone who looked like she could have been a Miss Texas," she recalls. "They didn't say, 'We need a great actress.' So I went in and read a scene that had been typed up spur of the moment." The scene consisted of a phone call in which J.R. tells Sue Ellen that he's not coming home for dinner; she's painfully aware that business is *not* what's detaining him.

"I hung up the phone and started crying because I had let it all seep in why he wasn't coming home," she goes on. At that point, "I looked at the faces of the producers, and their mouths had dropped open. It was like, 'Who are *you* and where did you come from?' I knew I had the job."

But after eight seasons of playing a perpetual victim, Gray became dissatisfied. "There were only two avenues they let me explore as an actress: drinking and having an affair," she explains. "I was really bored to death."

For a new challenge, she asked to direct one episode of the show; the producers said no. But Gray had studied directing for a year at UCLA and felt her request was reasonable. So she and the powers-that-be struck a bargain: Gray would direct one episode and in return give producers an option to extend her two-year contract by one year. She stayed on and ultimately directed six episodes.

Now she's redirecting her own life. "I want to plan a long weekend without worrying about a sudden change in our shooting schedule," she says. "I want to take a month off and go to Europe like other people do. You know, I've never been to the South of France or to Rome or Florence to see the wonderful art. I want to travel around the United States." She pauses. "I want to be able to be in charge."

Travels aside, her plans include producing two projects with Patrick Markey, her business partner and significant other. "Producing is really what a woman *has* to do in t industry," she says. "It's the boys' club." Moreover, she sa "If you sit back and say, 'Here I am, where are the scrip they will bypass you." So she's bought the rights t feature film, which she'll co-produce and star in. She's a interested in directing a documentary, and yes, there's e a chance she'll return to the set of *Dallas* for an occasio guest appearance.

What about marriage to Markey, a forty-year-old producer? Right now, he's still living in his own apartm and Linda likes it that way. "If I want to stay up till fou the morning readi I don't want some to say, 'Turn t light out,' " she sa But it's more t that. "I also like exquisiteness of ing a total roman Of going out on da and not having t kind of day-to- concern about wh doing the laundry taking out trash."

That intrigu mix of independe and romance r have been nurtu by her grandmoth "My grandmot was most insp tional for me," G reflects. "She great flair and st She'd take me ou school, still in Catholic school form, and show how to bet on horse races at Sa Anita. She taught how to select wi when I was twe over great Ita dinners. And she me, 'There are things that a wor must always ha wonderful perfu and beautiful lin rie.' And to this d do. Even underne these jeans," she s laughing, "I h great lingerie."

Like her gra mother, Linda s she's a strong wor who knows who she is and where she's going.

"There are a lot of people who are sleepwalking throu life," she muses, "and I think, God, somebody ple pour some cold water on them, because they just are paying attention."

That's not going to happen to her, she declares. "I sp eleven wonderful, terrific, fulfilling years with *Da* that I will never forget," she says. "But now, it's ti to be a butterfly with no nets. It's time to move to be free."



IF PRICE IS NO OBJECT
WHY NOT SPEND A LITTLE LESS.



celeb

Linda Evans: Good-bye to Hollywood

By Cliff Jahr



From the large living-room windows of her country villa in Washington State, Linda Evans enjoys a stately view of five acres rolling down to a beautiful lake, where a tiny seaplane sometimes swoops in to whisk her away for a day of shopping.

These days, that's her idea of adventure. Mostly, this former diva of *Dynasty* lives quietly in this large Mediterranean-style home in Lakewood, a suburb of Tacoma. A local landmark, the house has twenty-five-foot ceilings that were frescoed by Florentine craftsmen in 1910. But few see their beauty. Except for a resident servant couple and two cats, Linda spends much of her time alone.

"I love it," she says. "I'm not at all lonely, and no, I don't wander through empty rooms. I've made a gift of this time to myself to relax, to be, to play, to think, to do anything I want.

"There's no typical day," she adds. "I read, cook, garden, go to movies, date a few men. This morning I was up at five, reading. I read for hours sitting on my dock. As for dressing up, when I recently had to wear a proper dress and high heels, I had them sent up from Beverly Hills."

And that's just how she wants it to be. "I came up here to get away from the Hollywood scene," she says. "This place makes my heart sing."

After nine years on top, Linda Evans is putting her career on hold and finding new fields to conquer. Months ago, she played her final fadeout as Krystle Carrington on *Dynasty*, the series that made her a magazine cover girl in thirty-one countries and someone who redefined how old a sex symbol could be. At forty-five, she's simplifying her life, pursuing tranquillity and working for environmental protection.

She recently leapt into political activism by joining a movement against—of all things—sludge. Sludge is treated sewage residue, and Linda was shocked to learn that disposal companies were proposing to spray it as fertilizer on forests in Washington's beautiful Nisqually Valley. Linda is working for a moratorium on spraying sludge until more is learned about its long-term environmental impact.

Sludge does not yet threaten her neighborhood, she says, "but how could I just sit here and ignore the fact that they wanted to spray sewage contaminated with hospital and industrial waste not far from the Nisqually River salmon runs?" (Health and environmental officials say the sludge would contain treated amounts of the waste in accordance with governmental guidelines and would pose minimal risk to public health or the environment compared with the benefits—growing trees.)

Linda recently joined with a group called the Nisqually Valley Neighbors and led a rally on the steps of the state capitol (that's when she needed the dress and heels). "I must speak out," she says. "I go around the country and talk to people at newspapers. I could afford to move away from the contamination if I had to, but what about the others who live here? I do this for their sake."

Why has this woman, once gowned by Nolan Miller, turned to such a rustic life? The idea to quit *Dynasty* first came in 1987, but she stayed on to do six more episodes that aired last season. "I just asked myself, 'What about *my* life? Don't I get to play?' " she asks. "I want a *life* before life goes by, and if I don't take it, nobody's going to give it to me. *Dynasty* made me so happy, but some of the joy was going out of it. Nine years is a long time to get up at four A.M., and I was tired of work, work, work, work, work—then having so little time for me."

Linda's famous farewell scene showed Blake and Krystle's second wedding (to repeat their vows) right up to the moment when the couple drove off. Krystle had been suffering mental blackouts, and what she didn't know (but viewers did) was that she was not headed for a honeymoon but for confinement in a Swiss clinic, where she later lapsed into a coma.



Blake and Krystle

"Oh, that last shot where I waved from the limo was so poignant for me," Linda recalls. "I'd been crying all day, ruining my makeup, and now I was saying good-bye—in real life—to the whole film crew, lined up pretending to be wedding guests. It was literally the last shot we filmed and my farewell to everyone."

After the last hurrah, the departing star left through the studio gates—alone. Then, curled up under a coat in the backseat of a limo, she wept herself to sleep during a midnight drive to Palm Springs to stay with friends. (As it turned out, the network canceled *Dynasty* at the end of the season.)

"I had no idea leaving the show would be so painful," she continues. "Your mind knows that certain things have to end in life, but sometimes there's no way you can tell your heart. *Dynasty* became a *(continued)*

Mike gave the lid on the grill one more shot of Fantastik, then wiped away the last of the grease. He stood back and admired the brilliant red metal shining in the late afternoon sun. 'Looks great,' he thought to himself. 'That should be in Atlantic City all weekend for the Western Hemisphere Slam Wrestling Championship. So tonight, it would be just Mike and Linda, a couple of steaks on the grill, and a fine Bordeaux.

Mike was busily spraying the patio table with Fantastik when he heard the doorbell ring. He gave the tabletop a quick wipe, admired his handiwork for a moment, and went to greet his guest. "Hi, Sonny!" his mother shouted as Mike opened the door. Mike stared in shock. "Michael! Fantastik? We kinda messed up your patio!" Skull Smusher was yelling to them, his head and shoulders towering above the six-foot backyard fence. Suddenly Skull Smusher's eyes became fixed on Linda. "Say, didn't you used to wrestle as the Idaho Amazon?" "You recognized me!" Linda shouted back, quite flattered. *(continued)*

be coming by. It looks like you cleaned the entire house! Smells like lemon Fantastik!" She laughed, kissed Mike on the cheek and led the behemoths, each carrying a keg lightly over one shoulder, through the door. They each shook his lifeless hand. "Howyadoin?", "What's happenin'?", "Nice house"...they were polite enough, Mike thought. Especially considering he'd seen them on Saturday afternoon television wrapping folding chairs around each other's faces. Nevertheless, the visit was ill-timed. Linda would be here any minute, and another dose of Mom pretending to have a "duel-to-the-death" with Twister could leave her permanently turned off.

When Linda arrived, Mike met her at her car. "Linda, I was planning a very special evening. Just the two of us. A couple of steaks, some wine..." Linda smiled curiously. "Sounds wonderful. So what's the problem?" At that moment, an empty beer keg catapulted over the roof from the backyard and bounced across the lawn in front of them. "Twister's here?" Linda asked. "Yeah, my Mom brought a few friends over to 'party hardy.' There's Hannibal Cannibal, Jumpin' Jack Crash, and Skull Smusher Smith." "Well, maybe I should come back some other time," Linda said

things neat and ... Mike had met Linda ... a few weeks before ... resort club for sin... ... in the Dry Tortuga... ...at a coincidenc... ...t they both liv... ...he same town... ... this was go... ... to be the... ...t chanc... ...romanc...

...the four huge human-like characters that surrounded her. "They cancelled bouts 'cause one promoter ran with the other promoter's wife. So invited Twister and some of his friends to spend the weekend partying with us. How's that grab ya, Sweetie? Boys, carry the kegs around to the porch! Mike, that girl you met at the 'Dried Tortillas' must ...would be away. ... had a pro... ...ional wrestler name... ...lister ...the islands, and they ...re to



family for me, and it was more like leaving home than I've ever felt in my life," Linda says. "I really never left home in the sense of making it on my own. I'd leave, come back, hang around. I'd always kind of go from home to men. I got married. After John Derek, it was Stan Herman, then right into *Dynasty*.

"But the show helped me discover my independence, finally, and I was able to give up the idea of needing a man, or anyone else, to take care of me. *Dynasty* was an answered prayer. And now," she reports, "every day, I wake up smiling."

Linda's life has shown a tendency toward extreme highs and lows. Born Linda Evanstad, she was raised in Los Angeles. Her father was a house painter and—sometimes, along with her mother—also a ballroom dancer. "Everything from ballet to the tango," Linda remembers. "They had a hard time financially."



An early pinup pose

Even though Linda's classmates at Hollywood High School included Tuesday Weld (then named Susan Ker Weld) and Stefanie Powers (Stepfania Federkiewicz), Linda's prettiness stood out. She began acting in commercials at fifteen. By twenty-three, she'd shortened her name and become a celebrity as Barbara Stanwyck's daughter in the TV western *The Big Valley*. In 1965, she married John Derek, a movie heartthrob of the fifties who'd become a producer.

Derek, whose previous wife had been Swiss sexpot Ursula Andress, was known as a fickle Svengali with women, and after eight happy years with Linda, he left her for actress Bo Derek, then sixteen years old. Linda was crushed. Three years later, she wed real-estate millionaire Stan Herman; the union lasted three years.

Some people are able to remain friends with old lovers, and Linda is one of them. Though she has not seen Derek for several years, they exchange letters and phone calls, and she occasionally talks business with Herman. Why, she's asked, isn't she bitter about her exes? "Bitterness can happen if, after the breakup, you are dependent on the man for your survival," she replies. "But I was able to walk away from both marriages without asking them to take care of me. I've learned from the pain of divorce, and I've used it to make my life better."

She's always been one for self-improvement. Recently, the supermarket tabloids have delighted in reporting that she, like Shirley MacLaine, follows the teachings of Ramtha, supposedly a spirit man who lived thirty-five thousand years ago. Ramtha, believers say, speaks to the living in a raspy baritone through a "channeler," an anointed person who transmits his words from beyond. During these sessions, the channeler, eyes closed, appears to be in a trancelike state.

Ramtha's channeler is J.Z. Knight, a young ex–cable-TV executive whose blond good looks resemble Linda's own. Knight lives near Lakewood and encouraged Linda to move there, but Linda bristles at suggestions by the tabloids that she is under the channeler's control.

"Totally not true," Linda says, sounding irritated. "J.Z. is my friend, a lovely lady. We go shopping and discuss things. She's not my guru or psychic. She has never, ever, *ever* told me what to do—nor would she. Ramtha speaks through her to a group of people, a seminar where I go, and he's been a great teacher. All he really teaches is: 'Love yourself and know the power within you to create your life and be happy.'

"It's so frustrating to read articles that say my life has been taken over," she adds. "I don't need Ramtha. I don't need *Dynasty*. I don't need a man. I only need me and the time and space to have joy in my life. I follow no one but my own heart and knowingness."

Linda is still friendly with her two ex-husbands. "I was able to walk away from both marriages without asking them to take care of me. Bitterness can happen if you are dependent on the man for your survival."

Speaking of men, is Linda's long-time romance with millionaire/producer Richard Cohen on again or off? Rumors have it that they parted over the question of J.Z. Knight.

Linda pauses. "Richard is a very good friend," she says in a small, careful voice. "I'm dating . . . he's dating . . . we're not dating each other. I've been able to meet quite a few men up here, real-life men that I go out to dinner with. Not Hollywood men. Men who live in the Northwest have a different way of looking at life, and that's fun. There's no major romance yet. And I don't even want to say what kind of work they do. It's Northwest work." She laughs. "They don't care that I'm on television. A secure man has no problem dealing with that."

When she's ready to deal with work again, Linda has lots of it waiting—movies with CBS and Cannon Films, promoting her beauty book, tie-ins with Clairol and the like. She is reading scripts and has not sworn off series television, but she's in no hurry to resume the grind.

"That's *work*," she laughs. "I'm playing. I'm traveling to Europe again, Italy to get an award, tennis tournaments with my dearest friends, John and Julie Forsythe, at Windsor and Monaco."

Sounds like fun, but does she ever worry that people will start asking, "Whatever happened to Linda Evans?" Other *Dynasty* stars—Pamela Sue Martin and Pamela Bellwood—left the show, too, and have been little heard of again.

"That's life," says Linda. "I've stopped my career before, and started and stopped it again. Career is not that important. By the way, Pamela Sue Martin is living a simple life in Idaho with polo ponies, and she's having a ball. Pamela Bellwood is still working and was thrilled to death when she had a baby. They're doing it their way, and that's what I'm doing. The real question is," she adds with a chuckle, 'What's Linda Evans going to do about her *life*?' " ■

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summer LOVES fifties



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We worshiped the King from the top of his pomaded pompadour to the tips of his blue suede shoes. Not only did Elvis have the most soulful eyes and seductive voice around, but he got our parents all shook up whenever he twitched that pelvis.



REBEL WITHOUT A PAUSE
He was the first of the surly risers, a sexy star who knew how to make the most of a sneer and a cigarette. Decades after he died, James Dean is still inspiring T-shirts, tight jeans and leather jackets—not to mention fantasies.

Photos, from top: Gamma Liaison, Pictorial Parade.

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A girl's first summer crushes usually develop even before she does. Sometimes, we lust for whatever hunk is handy—that adorable lifeguard, winning waiter or muscular camp counselor who looks just like Dennis Quaid (if you squint hard into the sun). Often, however, we crave beefcake that's farther out of reach, smoldering away on the movie screen, serenading us from every stereo speaker.

They are short-lived, these vacation passions, lasting no longer than a Popsicle in the sun. And we seldom confuse our boys of summer with the men we want to marry; these gorgeous guys are the type to make us think about acting up, not settling down.

Still, we do remember them, whenever a certain golden oldie starts playing on the radio, and the air is rich with promise and coconut suntan oil.

So why not come with us to the sea, the sea of love, and summon a few hot summer memories? Stretch out on your beach towel, turn up your Walkman, and let's review a fantastic fleet of dreamboats past and present.

1960's

COIF FUROR Maybe it was the hair, or the voice; no, definitely the hair. So what if Fabian and Frankie Avalon, his fellow Philly Dilly from American Bandstand, weren't the greatest singers? You could dance to them.

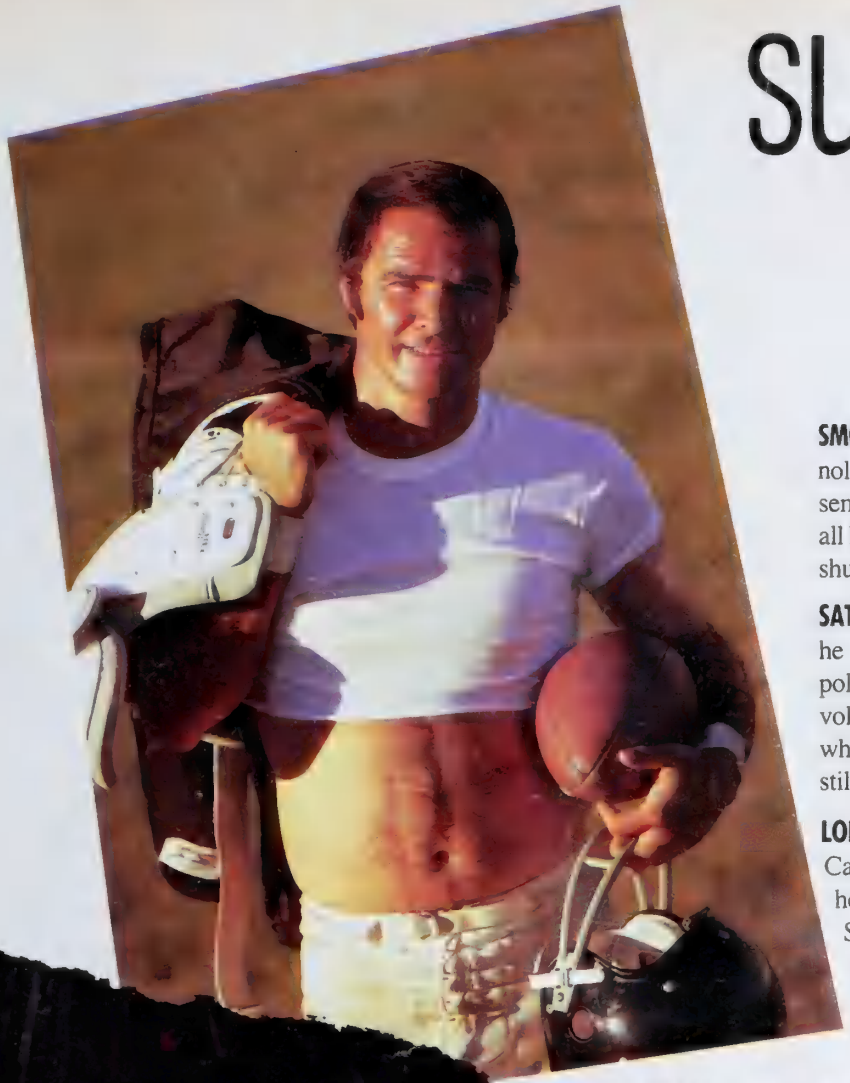
I WANNA HOLD YOUR BAND We were captivated from the minute the Beatles arrived in America, twenty-five years ago. Everyone had a crush on The Cute One, but which one was he, anyway? Over the years, they all looked good—yes, Ringo, even you.

JUST ONE OF THOSE STINGS Oh, Butch and Sundance, how beautifully you've aged. Sure, we know you're Serious Actors and Serious Persons, but it doesn't hurt to have those eyes.



Photos, left, from top: Pictorial Parade; Bob Freeman/Retna; Movie Still Archives. Right, from top: Phototest; Phototest; Y. Kahana/Shooting Star.

summer LOVES



SMOKEY GETS IN YOUR EYES Burt Reynolds was our kind of macho man—smart, semi-tough and fun. We always knew that all he needed was a good woman—but aw, shucks, why'd it have to be Loni?

SATURDAY NIGHT FERVOR Okay, maybe he did encourage a legion of louts in polyester and gold chains. Still, John Travolta was surpassingly sexy in his tight white suit—and doesn't "Stayin' Alive" still make you feel like dancing?

LONESOME PARTRIDGE Remember David Cassidy? No? Well, you may now think he looks like his Partridge Family sis, Susan Dey, but in the early seventies, he was pop's leading puppy lover. ▶

'70s





summer LOVES

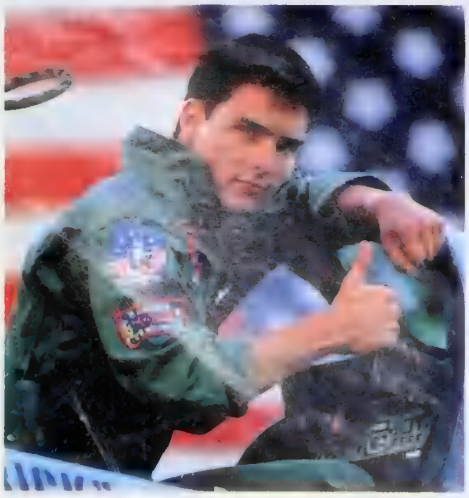








eighties...TO '90S?



MALE CALL The eighties were a feast for beefcake connoisseurs. There was Don Johnson, Miami's spice, who never cared about socks appeal. He did more for the naked ankle—not to mention the stubbled chin—than any other man. Who could look better in cutoffs, an Aloha shirt and a Detroit Tigers baseball cap than Tom Selleck, that dimpled charmer of magnum force? The Gary Cooperish Kevin Costner got way past first base with us in *Bull Durham*, and hit another homer in *Field of Dreams*. Whether sinuous Patrick Swayze did his dirty dancing in the Catskills or a Roadhouse, we wanted to follow right along. And who didn't want to take off with charismatic Tom Cruise after *Top Gun*, *Cocktail* and *Rain Man*? There may be even handsomer heroes ahead for us in the nineties, but won't this decade's dynamite dudes be hard to beat for heat?

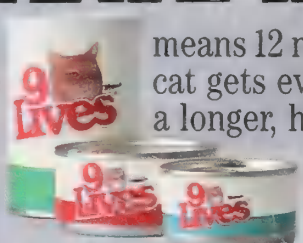
Photos, clockwise from bottom left: Paramount Pictures, Movie Star News, Howard Frank Archives, Greg Gorman/Gamma-Liaison, U. Feingold/Outline.

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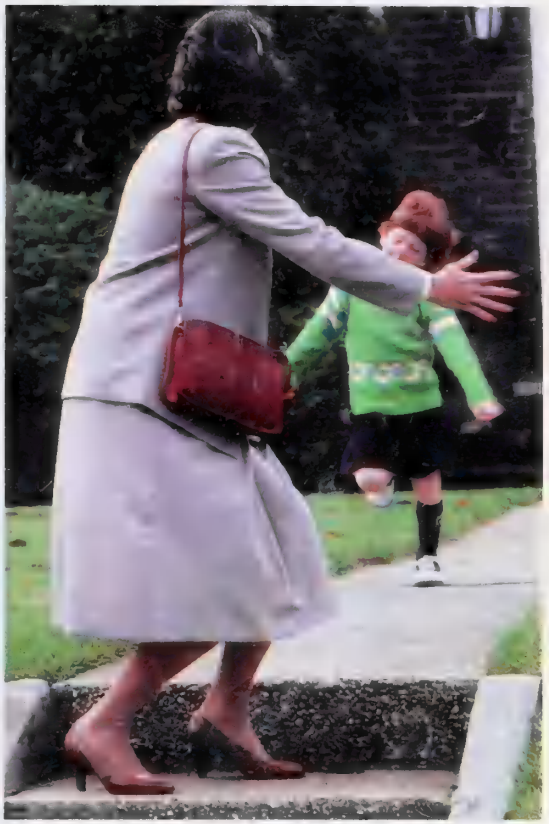


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the WORKING MOM'S handbook

A survival guide to help you juggle kids, husband and job —and still find time for yourself (well, a little)



This is not another article about the pros and cons of day care. Nor is it a sermon about the importance of early bonding and the joys of staying home with young children. Those articles don't mean much to the majority of American families, for whom day care is a fact of life, not an option. This is a piece about how real moms manage to do their job, care for their families, keep their marriages intact and their heads above water. In our continuing series of seminars on issues critical to women today, *LHJ*, in conjunction with the YWCA, gathered together working mothers from around the country—women just like you—who every day confront logistical and management tasks that would daunt many a CEO. Here is their no-holds-barred discussion, plus a wealth of practical tips we hope will make your life a bit easier.

OUR PANEL



Rhea Starr, 50, Lancaster, Pennsylvania, field specialist with the YWCA. She has three children: Sonya, 26, Michael, 23, and Aviva, 19. Her husband, Philip, 54, is a health-service director.



Susan Loughlin, 48, Ridgewood, New Jersey, director of children's educational services at the local YWCA. She has three children, John, 24, Paul, 22, and Elizabeth, 19. Her husband, J. Michael, 48, runs his own business.



Anne McLaurin, 33, Antioch, California, is a maintenance-crew member for the Central Contra Costa Sanitary District. She's a single mother of three children, Dean, 7, Elizabeth, 5, and Danny, 4. "I used to think everything had to be just so with my kids. Then I realized: That's not mothering, that's bondage."



Jean Fowler, 44, Rochester, New York, is a preschool special-ed teacher with one child, Christopher, 4. Her husband, John, 54, is a school administrator. "The New Father? I married him. My husband cooks dinner every night. Without his help, I couldn't manage."



Patricia Porras, 30, dental assistant, El Paso. She has three children: Leah, 7, Laura, 5, and Gilbert, 18 months. Her husband, Arturo, 37, is an electrician. "My kids are better off because they're in day care. If I were home all day, I don't think I'd meet my own high standards."



Theresa Wetzel, 39, Silver Lake, Kansas, is a systems analyst with Blue Cross/Blue Shield of Kansas. She has two children, Cauitta, 6, and Ilara, 16. Her husband, Ron, 40, is a diesel mechanic. "A long time ago I realized I wasn't Mary Poppins. Many women probably would not have made the decision I did to go back to work. But it was right for me."



Joanne Asaba, 35, lives in Seattle and is director of the Division of Family and Youth Services for the city. She has one child, Nelson, 2. Her husband, Neil, 36, is an auditor. "The day-care center closes at five-thirty, but I can't always leave my office at the stroke of five. Stress for me is realizing that it's five twenty-nine and I still haven't found a parking spot."

LHJ: Let's talk first about options, because for many women today, simply finding child care that is affordable and convenient is the most stressful part of their lives.

THERESA: When my second daughter was born, six years ago, I had a very rough time. I had to go back to work after six weeks. But in Kansas it's practically impossible to find affordable day care for an infant. Infant day care costs twice as much as day care for a toddler or older child. Also, finding a center that I didn't have to race clear across town to get to, well, I basically had only one choice—a woman down the street watched twelve kids in her home. It was a licensed program and she did have a helper, but all the children were under five. I was very worried that she wouldn't be able to handle them all.

JOANNE: I was luckier than Theresa. My maternity leave lasted four months, two thirds of which was paid, the rest I chose to take without pay. The fifth month, my husband was able to take vacation time from his job. So we really didn't start day care until Nelson was six months old. I had already been on the waiting list at the YWCA for nine months. Believe it or not, in Seattle, good spots are so scarce, you have to sign up before the child is even born!

RHEA: It's not just in Seattle. When I was director of child care in Lancaster, Pennsylvania, I received a call from a woman who was *thinking* about getting pregnant and wanted to know whether she could reserve a place for her child.

PATRICIA: With my first child, I tried three different types of day care—before I finally found one I liked. It was crazy—when you have to worry about whether your child is in good hands, you can't concentrate on your job. Now I'm very happy—the center we chose is racially mixed, which is important to us. But it isn't cheap.

THERESA: And many parents just can't afford it. The government gives you a tax credit of $2,400 or 20 percent of what you pay for child care, which is great. But the average cost for care is $3,000 a year per child. That irks me; if they're going to give us a credit, why put a lid on it?

ANNE: Frankly, if I hadn't had government subsidies, I'd never have been able to afford child care. As a single mom with three kids, I've always struggled with a patchwork of arrangements. I still don't feel like I have any options. And for women like me, it's whatever waiting list we can get on, that's where our kids go.

(continued)

Tom Sobolik/Black Star

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(continued) **LHJ:** So how did you manage?

ANNE: At one point, when I was unemployed, I linked up with a local program called Project Self Sufficiency. They watched my kids while I went on job interviews. Other times, I arranged for sitters to come to my home, and the government paid for it. But it was hell trying to process all the forms I needed just to get those sitters paid. Don't misunderstand, I'm grateful for all the help; but they certainly didn't make it easy. Even now, I'm running to three different places in the morning. Since I have to be at work by seven-fifteen A.M., I have to get up at four forty-five and take my kids to the baby-sitter, who watches them for an hour before the day-care center opens at seven. From the day-care center, someone else takes them to school. When I'm on call or have to work overtime, well, that's another nightmare.

JOANNE: I thought for a long time about whether I wanted a nanny, a family home situation or a full-fledged day-care center, but I finally decided on the center because I felt that with the other arrangement there was no accountability.

JEAN: I started looking for child care when my son was nine months old. One of our neighbors had a son about the same age as Christopher, and she offered to watch him while I went to my teaching job. I thought, How terrific, right next door. Until a week later when I walked in and saw my son drinking from her son's bottle. So I pulled him out of there and found a woman in her fifties who watched four other children in her home. She took good care of him, but in my heart of hearts I felt guilty because I knew that was too many children for one person. And I didn't want him with a woman who watches soap operas all day, so I started looking at other centers and I was appalled! In one they had children sleeping in what looked like little animal cages. I finally found something I liked, but it wasn't easy.

LHJ: Conventional wisdom says working parents labor under a cloud of guilt about leaving their children in someone else's care. Do you agree?

PATRICIA: No. I think my kids are better off *because* they're in day care. If I were home all the time, I don't think I'd meet my own high standards. They're exposed to so many more activities at the center than they would be at home.

JOANNE: I agree. I confess—my son does not fingerpaint in my house.

THERESA: And Play-Doh is not available at mine. I think I did the best thing I could for my children by putting them in day care. Look, I didn't even go to work until I had my first child. The dishes were piling up in the sink, I was watching soap operas all day, and here was this little baby crying, and I said to myself, "Can I stand eighteen more years of this?" Maybe that makes me sound like a bad mother, but that's honestly the way I feel.

JEAN: Christopher is an only child, and I want him in day care for the socialization, so he can be around kids his age.

JOANNE: I wanted to go back to work, too, but from the moment I announced my pregnancy, I felt tremendous pressure from my relatives to either quit or take a less-pressured job. It was amazing—these were women who had worked themselves! I felt very guilty about my decision then, less so now. But there's no question I'd rather be working.

ANNE: Not me. I love my job, but am I nuts? If I didn't have to work, I'd much rather be home.

LHJ: Nevertheless, there seems to be a new view of day care emerging. That it's not a necessary evil but rather a positive choice. Is that right?

JOANNE: I think in many ways, the day-care center is doing a much better job with my son than I could do at home. At the center they discover his capabilities and talents before I do.

THERESA: I think so, too. There are children in my daughter's kindergarten class who are socially and educationally behind the others because they have not been in a preschool setting.

JEAN: I believe my working makes me a better mother. I get my work done before I come home so I give my son my undivided attention.

LHJ: But what about competition with the caregiver? No matter how thrilled a mother

(continued)







Photos, from left: Lawrence Migdale, H. Armstrong Roberts, FPG.



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her party dress,
and my aunt's
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(continued) is with the choice she makes, there are going to be times when she and the caregiver don't see eye to eye.

JOANNE: It is hard to rush into the room with your arms open wide, only to have your child run to the baby-sitter and give her the hug you've been dreaming about all day.

ANNE: I can honestly say I'm not jealous of the caregivers, but then I'm in a different situation from the rest of you. The people at the center are like our extended family, and I get a lot of encouragement from them.

JOANNE: I think the only way to handle the problem of competition and jealousy is to make sure you communicate with your caregiver. I let her know how I feel about issues—not only when I'm upset but also when I'm pleased.

LHJ: What about child abuse? Though there haven't been any recent scandals, is this an issue that mothers still worry about?

JOANNE: I didn't think so at first, but I must have been unconsciously concerned. One day I picked my son up at the center and his wrists were all blue. I said to myself, "Oh, God, what's going on here?" Well, just as I was about to get all upset, his teacher ran out and said, "Joanne, Nelson had the best time fingerpainting today!"

JEAN: Child abuse was definitely a concern of mine. At my son's center, they have a list and they document everything that happens to your child during the day. But my son talks now, and one day he told me one of the teachers hit him. My husband and I spoke to her about it the next morning. She insisted that she was just playing with him, but how can I really know?



RHEA: We can never put the issue of child abuse out of our heads entirely, but working parents might take comfort in recent reports that indicate there are more cases of child-care providers detecting signs of violence at home than there are child-care providers doing it.

LHJ: Let's talk about organization, because when you're a working mother, everything in your life has to be planned down to the millisecond. And if something goes awry—your stress level shoots sky high. How do you handle it?

THERESA: Mornings are the worst. I lay everything out the night before, their clothes as well as mine. No last-minute changes allowed. And we have this rule: Get dressed before you eat. I figure, my kids can always grab a muffin and eat it in the car or on the bus. But it's hard to go to school in your pajamas.

PATRICIA: My kids almost did. I've always threatened to take them to school in their pajamas if they aren't ready. Well, one day when they were being particularly difficult, I had to follow through. I put their clothes in the backseat of the car and said, "Okay, we're leaving." They got very upset, but they got dressed in the car—and it's never happened again.

ANNE: I have been known to dress my kids the night before in the clothes they are going to wear the next day. Nothing happens to sweatpants if you sleep in them. And it's an extra fifteen minutes in the sack for them.

LHJ: What about the end of the day? Is five to seven P.M. the so-called suicide hour for you?

ANNE: That walk, from my car to the center to get them, is the longest, hardest walk of my day. I could be lugging heavy metal pipes up and down hills, but that last walk, knowing they'll go bonkers as they always do when I bring them home, is very tough.

LHJ: So how do you manage it?

ANNE: I sit in the car for five minutes, drinking coffee and listening to the radio. Then I go in. I learned another trick at a parenting class. Instead of just rushing the kids out of the center, we just sit together, talk or do a puzzle. That helps.

LHJ: What other things really push up your level of stress?

THERESA: I find that planning for after-school care makes me nuts. Only a few schools have after-school programs in the same building.

JEAN: Holidays are hard for me. After any vacation, you have to go through the whole readjustment all over again.

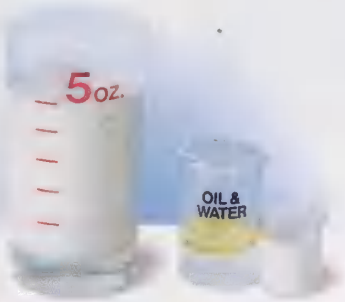
THERESA: And I still haven't figured out how to handle things like the school play, PTA meetings or teacher's conferences. Almost always, they're held during the workday.

LHJ: Do working moms make it harder on themselves by trying to do it all?

JOANNE: I think every mother is concerned about what others are going to *(continued)*

Photos, from left: James H. Karales/Peter Arnold, Inc., Sybil Shackman/Monkmeyer Press, Erika Stone





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our two youngest at the day-care center. Of course, the fact that my husband really doesn't want me to work at all doesn't make it any easier.

LHJ: That must be hard. To work, to leave your family, knowing you don't have the full support of your spouse. Do you think many working women are in a similar situation?

PATRICIA: Many of my friends are. And it is tough, though at least my husband is honest about his feelings. He'd prefer that I didn't work, but he doesn't want to hold me back either. I try to make the kids my priority, then my husband, then my job. But sometimes I mix it all up. The kids notice the tension, too. That's when we just sit down and talk. And give each other a big hug.

SUSAN: I think the attitudes of parents are critical. Recent studies show it isn't whether you work outside the home but rather how you feel about whatever it is you're doing.

THERESA: Well, we have a real division of labor in my house. My husband sees his role as that of breadwinner, mine as caretaker of the home and family. I remember one winter I was working two jobs and it was impossible for me to break away to get my daughter at school. My husband's schedule at the time was more flexible, so I asked him to get her. I don't know if it was psychological or what, but he had more flat tires that winter than we've ever had. He just couldn't deal with it.

LHJ: So what did you do?

THERESA: He admitted he'd rather *(continued)*

(continued) think about her. But maybe it's worse for a working mother. Maybe you feel a little bit guilty about working . . . so you want to somehow make up for it all by doing everything else according to this image you have of the Perfect Mom.

LHJ: But when parents see their children for only an hour or so in the morning, and another hour in the evening, what happens to quality time? Is it a myth, or do you manage to sandwich it in?

ANNE: There's no quality time at my house during the week. On weekends, yes, but during the week? Forget it. You know what I do to get time alone with each of them? I give them baths. And I try to lie down with my kids and just hug them and tell them a little about my day.

RHEA: When my kids were little, I read to each of them separately.

ANNE: I used to worry a lot about quality time. Then I learned it doesn't have to be anything special. Last month, because of a fluke in my schedule, I had a chance to take my kids to school. We were early, so I spent some time with my youngest on the playground. You know, he still hasn't stopped talking about those ten minutes on the swings.

LHJ: Let's talk about husbands. How involved are fathers today in finding child care and in helping out in general?

PATRICIA: If my husband and I didn't take turns with child care, no one would ever get out of the house! I do the morning shift. In the afternoon, we alternate between picking up our oldest at school or





(continued) have me quit and not make that extra money than have to stop what he was doing to pick up our daughter. But other than that winter, I never asked him to be involved either. I like making those decisions. I didn't want him interfering in what I thought was best.

LHJ: It's amazing . . . these men who are so competent in other areas, men who can do brain surgery, for heaven's sake, fall apart when it comes to taking care of their own kids. What ever happened to the New Father?

JEAN: I married one. My husband cooks dinner every night, and he's in charge in the morning. That's my worst time, but somehow he manages to get himself and Christopher ready. Maybe it's because he's the experienced parent; he was married before and has two grown kids.

SUSAN: I think in general more and more fathers are becoming involved in child-care matters. Within the last three years, I've seen a much greater percentage of fathers picking up and dropping the kids off, asking the right kinds of questions.

RHEA: I guess it boils down to how we raise our sons. If they see their fathers are involved in child care, when they grow up, they will be, too.

LHJ: When time is at a premium, many women report, their relationship with the man in their life gets put on hold. Have you managed to find quality time with your spouse?

THERESA: It's hard. I know we should go out more, so we arrange for a baby-sitter, but then I feel bad leaving, since I'm gone so much. Sometimes, just the thought of going out leaves me exhausted. Still, when I force myself to go, I have a good time.

PATRICIA: This is one thing we are strict about: We go out every Saturday night. We have a standing baby-sitter, arrangement and rain or shine, exhausted or not, we're out the door.

RHEA: My husband and I always tried to steal moments. Like what Anne said she does about quality time with her kids, we made quality time for us. We'd go grocery shopping and hold hands as we walked through the aisles. We'd drive to work together in the morning, just so we could talk. And when we couldn't afford a vacation, we'd take the kids to Grandma's, then spend a weekend alone at home.

LHJ: What about time for yourself? Is there such a thing?

JOANNE: Not much, but little things help a lot. Like when my husband takes Nelson in the other room and I can sit and just read the newspaper. If I can finish the paper on the day it comes out, I feel good.

THERESA: I go shopping. Hey, I know it's a cliché, but it makes me feel better, so why not?

ANNE: I get a baby-sitter and just go out by myself sometimes. Or go into the bedroom, announce that I'm not to be disturbed and call a friend and just talk. Sometimes it works. And then, of course, sometimes it doesn't. But that's what being a mom is all about, isn't it? —MARY MOHLER AND MARGERY D. ROSEN

Turn the page for more of our survival guide.

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WHEN YOU'RE LOOKING FOR DAY CARE . . .

Start by asking friends and family for the names of places they've used and liked. Or call a child-care resource and referral agency for options available in your community (scan the yellow pages under "child care"). Also check with your employer for a list of places approved of (or at least used) by your fellow workers; your state's department of human services, which should have a list of licensed day-care facilities; your place of worship; as well as local school officials or the board of education. Once you've zeroed in on a few places, go for a visit. Try to spend *an entire day* at each place. Ask yourself:

1. Do I feel comfortable in this environment? If not, your child probably won't either.
2. How does the caregiver relate to the children? Is she warm and affectionate? Responsive to their needs? Does she engage them in activities at appropriate times but also let them play by themselves?
3. Do the kids seem happy and involved? Do they relate freely to the caregiver?
4. How and when are the children served their food? How does the staff give infants their bottles? Are snacks nutritious?
5. How is toileting handled? Are sanitary measures observed at these times?
6. Where do the children rest? For how long?
7. What kind of discipline is used? Is there punishment that's humiliating to the children?
8. What kinds of playthings are available? These needn't be elaborate, but they have to be engaging and there must be an outdoor play area with room to run.
9. What is the adult-to-child ratio? These are often determined by licensing regulations and differ according to the ages of the children. Most experts believe a one-to-three or -four ratio is appropriate for infants and toddlers; one-to-five for two- to three-year-olds; one-to-eight or -ten for school-age kids.



Photos, from left: Eltern/Stockphotos, Erika Stone, Peter Arnold/Inc/Media Vision.

SAFETY

YOU SHOULD ALSO BE SURE TO INVESTIGATE THE FOLLOWING CONDITIONS:

• Are playground equipment and toys in good repair, with cushioning surfaces under all climbing structures, indoors or outdoors? • Is there a well-stocked first-aid kit close at hand? • Are medicines and cleaning products stored in a high, locked cabinet? • Are there sufficient smoke detectors, and are they working? • Are pipes and radiators covered to prevent burns? Are electrical outlets covered? Are cords frayed? • Does the program require that all children be immunized before they are allowed into the center? Do they keep a record to make sure children get boosters at appropriate dates? • Do caregivers communicate with parents about health problems? Do they notify parents promptly about any illness or injury in day care? • Are emergency phone numbers and routines clearly posted?

—DAVA SOBEL

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DID YOU MAKE THE WRONG CHOICE? THE TIP-OFFS

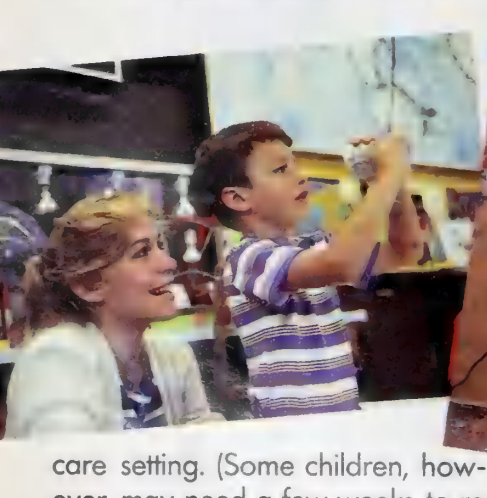
It's a working mother's nightmare: Despite your efforts to find the perfect day-care arrangement, you sense something's wrong. But how can you tell the difference between a normal reaction to the change day care represents and a signal that real trouble is brewing?

Parents often set tremendous store by the few moments they spend with their child in the day-care situation—saying good-bye before work, hello at pick-up time. But, experts say, a tantrum or excessive clinging at these pivotal moments is not necessarily cause for alarm.

"Such reactions are a normal part of your child's trying to get used to the change," says Albert J. Solnit, M.D., Sterling Professor of Pediatrics and Psychiatry at the Child Study Center of Yale University School of Medicine. "Other, more subtle signs are more often indicators of trouble." For instance:

- You are an unwelcome visitor at the center. As the parent of a child in day care, you should be free to drop in any time.
- Your child expresses sustained, undue agitation on approaching the day-care setting. (Some children, however, may need a few weeks to really feel comfortable with someone new.)
- Your infant or toddler (under age three) loses control of some skill he had already mastered, such as using the toilet.
- Your preschool child (over age three) stops speaking as well as she used to or doesn't seem to enjoy running, jumping and playing anymore.
- Your child shows signs of anxiety or depression or develops new fears or trouble sleeping. She flinches if you move quickly.
- The center's staff is in a state of constant turnover. Your child seems to be suffering from the lack of stability and views any visitor to the center as his new teacher.
- Your child is in total disarray when you pick him up at the end of the day. Either there aren't enough people to care for him properly—or they just don't care enough.
- Your child comes home with unexplained bumps or bruises.

—D.S.







Photos, from left: Lawrence Migdale, Erika Stone, George Goodwin/Monkmeyer Press.

What's the government doing about child care?

So far, not much, though the issue of child care is once again being hotly debated in Congress.

Why the renewed interest? The numbers speak for themselves. According to recent estimates from the Urban Institute, a research group in Washington, D.C., almost eleven million children under the age of six have mothers in the labor force. About five million of these children (48 percent) are cared for by their relatives, while the rest spend their days in day-care centers (23 percent), family day-care homes (22 percent) or at home with a paid baby-sitter (6 percent). "And," notes Amy Moore, of the Child Care Action Campaign, in New York City, "It's only going to get worse." Projections indicate that by 1995, more than two thirds of all preschool children will have working mothers.

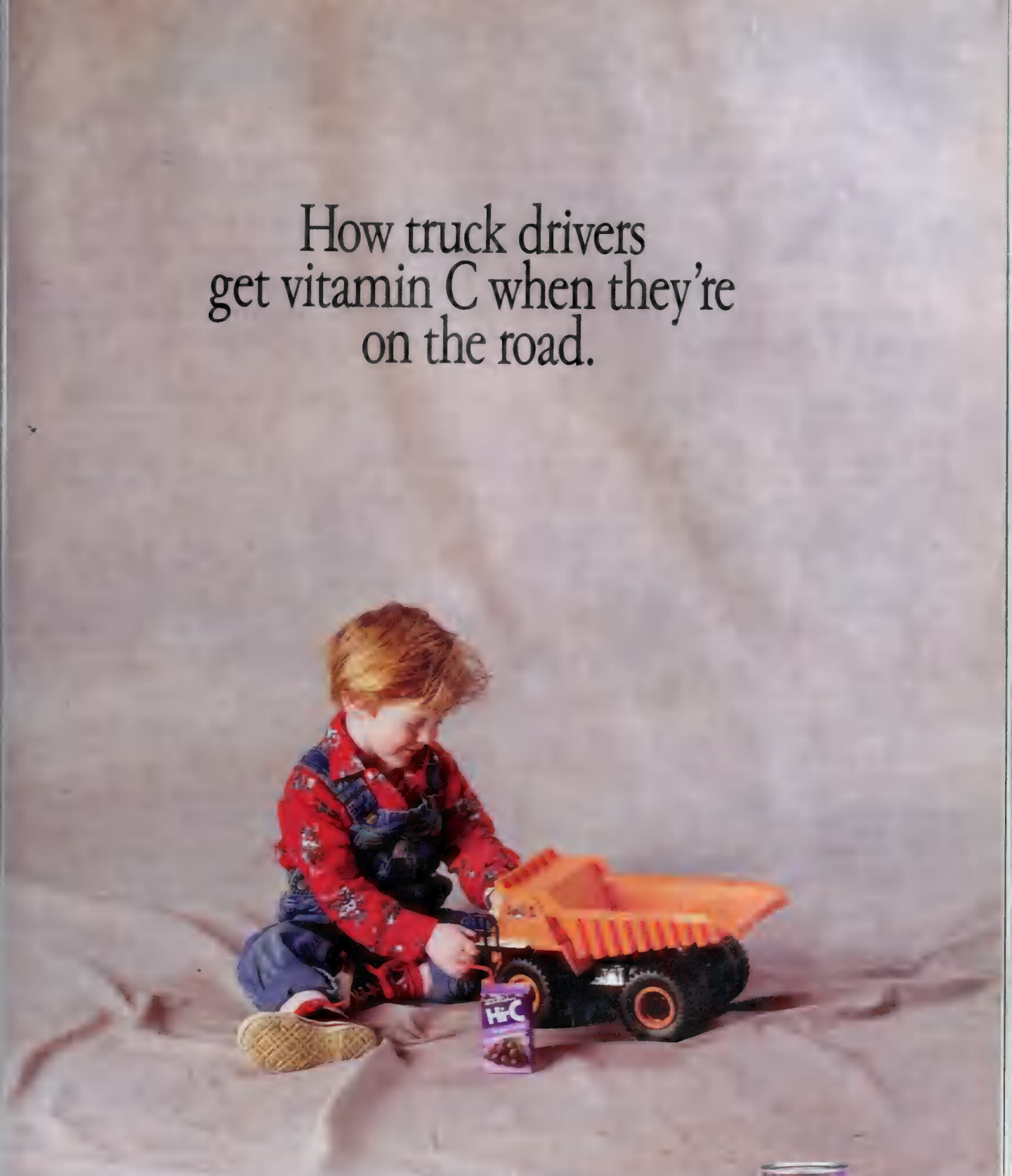
Besides the staggering need for affordable child-care services, experts are concerned about other issues, too: high staff turnover among caregivers (many of whom are highly educated but still earn on average less than $10,000); lack of infant day care; and parental leave for fathers as well as mothers.

Literally dozens of child-care bills have been introduced in Congress since the beginning of the year, including President Bush's initiative, which provides for tax credits and refunds to low-income families. However, most child-care professionals favor the Act for Better Child Care Services (ABC bill), sponsored by Senator Christopher J. Dodd, Democrat, of Connecticut, which not only makes funds available to families but also promises to boost the number and quality of day-care centers.

What can you do to push the efforts along? Write your representatives and say you endorse the ABC bill. To keep the issue alive, you can also tell them about your particular child-care needs.

—D.S.

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"MOMMY, I DON'T FEEL GOOD"

Do kids in day care get sick more often than others? "Unfortunately, yes," says Selma Deitch, M.D., editor of the *Health and Day Care Manual for Health Professionals*, published by the American Academy of Pediatrics. "It's the kind of pattern we used to see among kindergartners who were having their first exposure to groups of other children in school." But take heart: The number of colds levels off as children get older, and by age three there doesn't seem to be much difference between children at home and those who've been in day care. Of course, the mother who knows what to watch for—and how to handle it—is a step ahead. Below, a mini-guide to day-care diseases.

Colds and other respiratory illnesses

Colds and viruses are far and away the most common of all day-care diseases. Later complications of colds include ear infections (otitis media) and respiratory infections like bronchitis and pneumonia. Haemophilus influenzae is a bacterial infection that can cause several serious complications, including meningitis (inflammation of the tissues covering the brain and spinal cord). Chicken pox is a virus spread through respiratory droplets, though its most obvious symptom is a blistery rash.

Protection: • Bolster your child's resistance by keeping him well rested and well nourished. • Teach her to wash her hands frequently during the day, particularly before eating and after using the toilet. ("Hand washing is the single most important way to prevent infection in day care," says Selma Deitch.) • Make sure she gets her haemophilus influenzae immunization at eighteen months, and check to see that other children in the day-care setting are also immunized.



When all else fails: • A cold without a fever is rarely serious enough to keep a child home, but be frank with your caregiver about the child's condition. • Increase fluids. • Teach your child how to blow his nose and cough into a tissue, then throw it away immediately and wash his hands.

Diarrhea

Very loose and frequent stools caused by bacterial or viral infections, including shigella, salmonella, rotavirus, *E. coli*, and by protozoa such as cryptosporidium and giardia.

Protection: • If your child or any child in day care wears diapers, check out the changing area and technique. The surface of the changing table should be disinfected after each use. The provider should wash her hands after each change—and not in the sink used for food preparation. • If your child is already using the toilet, teach her to wash her hands each time she does so. • Make sure the adult bathroom is disinfected daily.

When all else fails: • Consult your physician; the identity of the infectious agent will determine the length of time your child should be kept out of day care. • Increase fluid intake and add binders to diet: bananas, rice, bland foods.

Skin infections

Conjunctivitis (pinkeye) is an inflammation of the tissues that line the eyelids and cover the eyeball. It can be caused by allergy irritators (from smoke or other pollutants) or an infection by a virus or bacteria, and is spread by direct contact. Impetigo is a skin infection usually caused by strep or staph bacteria and is also spread by direct contact.

Protection: • Make sure he doesn't share pillows, towels or washcloths with other children.

When all else fails: • Check with your pediatrician about treatment and how long your child should be isolated. • Tell your child not to touch the affected area and to wash his hands if he does.

Infestations

Head lice (pediculosis) and scabies are tiny insects that can proliferate in your child's scalp and skin respectively, causing considerable itching. Lice and scabies are spread by direct contact.

Protection: • Tell her not to share pillows, bedding, hats, combs or brushes with other children. • Check your child's scalp regularly, especially around the hairline, for tiny pearl-like nits, the first sign of lice.

When all else fails: • Consult your pediatrician for the name of a pediculicide (a shampoo or cream that kills lice and nits or mites and eggs) and use it according to directions. • Tell your day-care provider about the problem so other parents can be notified. The incubation period for infestations may be longer than two weeks. —D.S.

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WHAT DO THEY REALLY THINK OF US?
Child-care workers talk candidly to moms

How well do you relate to that other woman in your child's life? Do you let her know how important she is to you? Do you feel threatened by her? Do the pressures of your life sometimes make you take unfair advantage of her?

Would you like to know what she thinks of you?

We asked all kinds of professional child-care providers to tell us the annoying things even the most well-meaning mothers do. Here's what we learned:

"Our center opens at eight A.M.," says Fran Thigpen of the YWCA day-care center in Asheville, North Carolina, "but some parents are always asking to drop off their children at seven forty-five so they can make an eight o'clock appointment. I wish parents would work out those kinds of questions *before* they pick a center—not pick one and then expect the rules to change to meet their needs."

Parents who don't give the baby-sitter enough information are another source of conflict. "I know parents who literally throw the child in the door and rush off for work," says Janet Hall, director of the Pennsylvania Private Providers Project, which monitors ninety-one day-care settings in Pittsburgh. "But I simply must know what's happening with the child. Did she get enough sleep the night before? Has he had breakfast?" In fact, any event in your child's life, from his father's business trip to the death of his goldfish, is probably something the provider wants to know.

Another pet peeve: Parents who don't take a few minutes to help their child settle in. "Just five or ten minutes to help a child put his belongings in his cubby means so much," says Amy Mitchell, head teacher in a Miami day-care center. "But don't stay too long," she adds. "Any more time only makes it harder on everyone."

Some caregivers report that many times parents unwittingly make negative comments about their child within earshot. "What gets me the most," says one day-care worker, who asked not to be named, "is the parent who makes pronouncements in front of the child, like 'he's terribly shy' or 'he's an awful bully' or 'don't bother feeding her x, y and z because she *won't* eat them.' All this does is give the child *permission* to behave in that way."

Then there are the parents who only comment on their kids' behavior when they do something wrong. "Parents need to watch their children closely, so they can catch them being good, too—and reward them for it," says Connie White, a graduate of the National Academy of Nannies, in Denver.



But the providers interviewed also had praise for parents who seemed particularly understanding of what day care meant to their kids.

"I have one mom who takes time every afternoon at pick-up to do a puzzle with her child," says Amy Mitchell. "It helps them get back together after the whole day apart. I also have many parents who volunteer to go on field trips with us when they can, make decorations for the center and take turns washing our sheets. And during vacations they even take some of our toys home to wash them." —D.S.

Photos, from left: George Goodwin/Monkmeyer Press, Erika Stone, Erika Stone.





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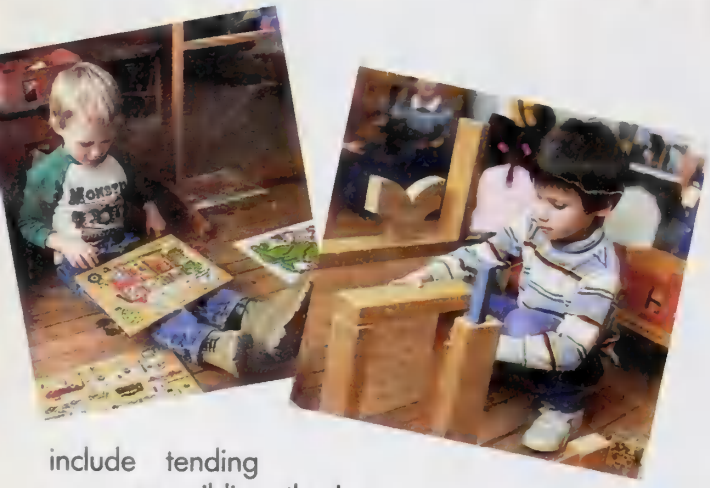
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ON THEIR OWN: WHAT TO TELL YOUR LATCHKEY KIDS

At what age can a child really handle staying home alone? Most people, when asked this question in a philosophical way, cite twelve as the proper age, but today's moms know different. In reality, the majority of working parents begin trusting their children with self-care at the age of nine or ten.

"Although we have all probably heard of four- and five-year-olds who are routinely left alone," notes Lynette Long, Ph.D., who with her husband, Thomas, literally wrote the book on the subject (*The Handbook for Latchkey Children and Their Parents,* Berkley, 1985), "we don't believe a child is developmentally ready for this responsibility before age ten. At this age they can usually logically figure out a solution to a problem, and if that doesn't work, think of an alternative. But even at this age they should not be left alone on a routine basis or for long periods of time." And if the ten-year-old's duties include tending a younger sibling, the Longs note, the responsibility may be too overwhelming even then.



Most states have laws governing the age at which children can be left alone. In other words, depending on where you live, you may be breaking the law by trusting your child home alone if he's younger than thirteen (eighteen in some states). Authorities tend to look around this legality when it comes to the latchkey situation, but if anything should happen to your child in your absence, you could be prosecuted.

What's the best way to prepare your child to stay home alone? The Longs suggest you work out the rules together, in an ongoing series of discussions. For children younger than ten, each session should be as short as possible. Keep the conversation positive, not threatening or frightening. Describe a situation that might arise, then ask your child how she would handle it. ("Suppose someone called and asked to speak to me. What would you say?") This helps her arrive at the answers herself. If your child is younger than ten, give him just one concept to remember for each situation. ("If there's a fire, get out of the house.") Then guide her to think of alternatives. Also:

1. **Make sure children know their full name, address and telephone number with an area code; how to use the phone and how to reach the operator; how to work all door and window locks.**
2. **Introduce children to the neighbors they are supposed to call.**
3. **Teach them the basics of first aid—for instance, how to wash a cut or scrape and how to put cool water on a burn.**
4. **Give them a household emergency kit that includes a working flashlight and a battery-operated transistor radio so they can listen to instructions in case of power failure.**
5. **Post a list of emergency numbers near each phone (include parents at work, police, fire department, poison control).**
6. **Tell them to look at the house before they enter. If they notice a door ajar or a window open, tell them not to enter but to go to a neighbor's house instead.**
7. **Warn them never to open the door while alone or tell a caller that they are alone.**
8. **Advise them to keep their house keys and money out of sight.**
9. **Regularly review all safety rules.**
10. **Encourage them to tell you about any event or situation that makes them uncomfortable.**

—D.S.

George Goodwin/Monkmeyer Press

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STRESSBUSTERS

Getting ready for work in the morning is challenge enough for most women, but you also have to get your children ready for the day. At the office, the pressures of your job are sufficient to keep you feeling under the gun—even if you weren't worrying about what to make for dinner or how you'll squeeze in quality time with the kids. Time with your husband? Maybe this weekend. Time to yourself? Are we kidding? Stress piles up quickly for working mothers, but there are ways to mitigate it. We've charted the most troublesome times of the day and offer some mom-tested solutions.

Stress point

Mornings are a disaster.

Solution

Prepare as much as possible the night before—set the breakfast table, put coffee in the percolator, even lay out your own clothes, briefcase, car keys. When it comes to getting the kids dressed, defuse the power struggle: Let your child choose her own clothes (the night before, of course) if she's at all able, but limit her options. Instead of asking her to choose from a jumble of socks in the dresser drawer, ask her if she wants the red ones or the blue ones.



Stress point

Your house is a mess: If you step on one more Lego you'll scream. And while you're on the subject, why are *you* always doing all the cleanup?

Solution

Rearrange your house so even little kids can help with cleanup. In the kitchen, put all breakfast and snack foods, as well as plastic cups and dishes, at kid level. Around age four, they can certainly clear their plates and place them near the kitchen sink or even in the dishwasher. Organize their room with colorful crates or plastic boxes so toys can be tossed in; buy decorative comforters for the bed so even a five-year-old can make it. Modify your expectations to suit your role as an important contributor to the economic support of your family. Be proud of that—and live with the dust.

Stress point

Evenings evaporate before you've had a chance to do what needed doing or spend even a few minutes alone with your husband.

Solution

Have a set bedtime for kids age two and up and stick to it. This will guarantee you a little time at night and give your kids some needed structure. With an infant or toddler, keep the same schedule of meals and naps on the weekends as she follows in day care. Get a standing baby-sitting arrangement for one night a week.

Stress point

You find the time to meet everybody's needs but your own.

Solution

Insist on time for yourself, at least once a week, that's yours alone. Make a deal with someone who has kids the same age as yours: You take her kids for a set afternoon or overnight each week in exchange for equal time. If you know several women in this situation, start a baby-sitting coop. Teach your kids to let you have time to yourself while you're home together. (Start with fifteen minutes a night, when they must play quietly and let you read or take a bath.) —D.S.

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ASK THE KIDS

Enough of all this advice from the authorities. If working moms want to know how to juggle their days, they should check with the *real* experts, their kids. We did:

At night when she can't come to tuck me in, I'd like my mom to leave a little note on my dresser. Something about good night and all that.

By the way, even though my mom's not always around when I want her, I'm proud of her.

—Sam Spies, 7, Hollins College, Virginia

If my mom would wake up earlier and put on less makeup and maybe take a shower the night before, we'd have a better chance of getting to school on time.

—Zoë Klein, 7½, Springs, New York

I think my mom should set asid specific time each day to help brother and me with our hor work. She's a teacher and coac the track team at her school goes to lots of teachers' meetir so our homework just g squeezed in whenever.

—Jessie Hensler, 11, Carson C Nevc

When my mom works on we ends, it's really important to me have a chance to say good-bye her, but lots of times she's up c out of the house before my sis and I are awake. Then I like her leave me a note. And call a lot.

—Julie Bloom, 11, Da

I would like my mom to spend ti with me learning to write c draw. I want this time to be alc with her, without my older or yo ger brother.

—Eric Scherr, Hopewell Junction, New Y

I like when Mom and Dad come lunch at the day-care center c help serve. Then they eat with and my friends. I try to have good day so the teachers can my mom and dad. That's hap news for everyone.

—Grant Stephens, 6, Tope Kan

I wish my mom could come a watch me swim more at the dc care center. She takes pictures me then. She feels happy a proud, and so do I.

—Heather Bond, 6½, Tope

When Mom and Dad pick me from the after-school program, would be nice if they could ha dinner ready so we could spend nice quiet evening at home. J once a week, if they could do th and not rush off to more meetin

—Joanna Clarke-Sayer, Asheville, North Caroli





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What happens at menopause and why.

Somewhere between 45 and 55 your body begins to produce less and less estrogen. The lack of this vital female hormone is what causes "hot flashes," the sudden and unpredictable sensation of heat and sweating. Hot flashes are the most common symptom and can be a very "public" and embarrassing one. They can also lead to insomnia and irritability. Another common symptom is vaginal dryness. These symptoms are not "in your mind." They are real, they are physiologically based and your doctor has treatments for them.

You don't look middle-aged.

And you don't have to feel middle-aged.

Today, more women are staying vital and active well into their menopausal years. A healthy



life-style, good nutrition and exercise can go a long way towards helping you feel good durin time of life. But if the symptoms of menopaus disrupting your life you should see your docto because today there are new approaches to th treatment of menopausal symptoms. See you doctor and find out why now, the change of l doesn't have to change yours.



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what men want in bed



David Vance/The Image Bank

The sex secrets every woman must know to keep her husband satisfied physically and emotionally

If I asked you, "Quick! Name the three things your mate likes most when you make love," you should be able to answer that question as fast as you can recite the ABC's. But the fact is, many women can't. Even though you may know exactly what your husband desires for dinner, you may not be nearly as sure about what satisfies his appetite in bed.

Despite all the solid physiological and psychological information about sex available in bookstores, on radio and on TV, the nearly two hundred men I interviewed said repeatedly that their wives don't really know how to satisfy them sexually.

Here's what those men told me it takes.

Find out what he likes

By far the biggest grumble men have is that women are not paying really close attention to what a man loves when he's making love.

"Well," you might respond, "I know he likes his nipples stimulated," but if you're not positive what delights your man most, ask yourself why. And the answer, for most of us, is that we never asked.

There are two easy but subtle questions any woman can ask her husband to discover what he most likes. Before we go on to these, there's one query you should always avoid. *Don't* ask: "What do you like? What turns you on?"

The answer is very likely to be "everything"—and you'll have learned nothing specific. It's the specifics that make the critical difference in lovemaking. So how do you find out your man's own special preferences? Just remember to ask the following simple questions.

By Alexandra Penney

- *Do you like this better than this?*
- *How does this feel? Is this as good?*

By asking for comparisons you'll get yes or no answers—the easiest for men to give. Don't quiz him about everything he likes all at once. Take your time. There are *(continued)*

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WHAT MEN WANT
continued

many different things you wa know—positions, places, pressu that will require more than a s lovemaking session to find out.

Even though you may think of self as shy or uncomfortable abou using this simple yes/no disc technique will reveal his most mate preferences. Once you them, you're fast on your way to a sensitive—and better—lover matter how long you've been toge

The importance of a g technique

"A woman may have the best i tions—or the best body—in the w but if she doesn't know how to t it's not going to feel as good as h with someone who does," candidl mits one of the men I spoke with.

I've written three books on love and relationships, and an under theme in each is: Don't mistake ing love for a god-given talent. l making is much more than repr tion and sex—it's emotional and sual luxury, and a lot of it c from skill, which is, fortunately, ily acquired.

If you want to be a terrific lover have to work on it. After you use yes/no questions to find out you're doing in the technique de ment, you can also make a specia quest he'll love: *Show me how that, please.*

"The best woman I ever went t with was very sexually sophistica a man from Manhattan recalled. knew exactly the right pres stroke and timing that I neede every part of my body. But she charming as well as skillful. She 'Oh, show me how to do that, pleas was the best sex I ever had."

Besides asking questions to find what really feels good to him, you develop a terrific sexual techniqu remembering what I've called Golden Rule of Lovemaking: *DO do unto him as you would have hi unto you.* Men's and women's bo are different. Your musculature is ferent, your response times are di ent, your desires are different. needs stronger, firmer pressure or entire body. You probably nee lighter touch, and you usually longer and sometimes much more cate stimulation than he does.

The Golden Rule also helps t mind you that if you like your kissed, it doesn't necessarily fo that he finds ear-nibbling as titilla or endearing as you might.

ıe last word on technique: It's im-
ant to know physical technique for
y part of lovemaking, but it's
ial for oral sex, which is number
on most men's lists of what they
sexually.

hy, many women have asked me,
al sex so important to a man? It's
direct stimulation of the most sen-
e and responsive part of the body
feels particularly satisfying. Also,
aps more important, oral sex is an
mation of his maleness.

it over and over again—
n throw him a curve

d out what he likes and do it—
n and again and again and again"
ıe blunt way a San Francisco re-
ng executive put it when I asked
what sexual advice he'd give to
en. Many other men agreed that
was first-rate counsel. "Even
gh a woman may know what
s her guy on, she often fails to do
he executive said.
e explained the reason for this fail-
Often a woman thinks a man will
her boring if she repeats some-
g sexually. "Not true if it's what
y turns him on," he said.
ıce you're tuned in to what your
and's preferences are, keep in
l that repeating them is not bor-
ing—on the contrary, it's welcomed.

But remember, repetition that becomes routine is deadly. Slipping into a sexual rut is one of the primary causes of lack of desire and, inevitably, destructive boredom.

Let's say that your husband especially likes you to be on top when you make love. Then be sure to use this position often or even every time you make love, but *combine* it with other sensual techniques so it doesn't become routine.

Okay, now you can throw him a terrific curve. *Don't* make love this way for two or three times in a row.

There's sound theory behind this ploy. Ellen Bersheid, a psychologist who researches close relationships, postulates that emotion is experienced only as the result of interruption of stereotypical actions between partners. According to this view of the course of intimacy, it's essential that lovers experience minor interruptions so that they can recapture an awareness of their emotional involvement. Because you've behaved unexpectedly and interrupted a pattern, he'll respond a different way.

Kenneth Livingston, a clinical researcher, has a similar take on the subject of repetition. He refers to love as a process of "uncertainty reduction." What he really means is that in order for love and passion—and sex—to thrive, an element of mystery is required. Thus it's no surprise that the great seducers and courtesans have always maintained an enigmatic, provocative air about them.

Explore his fantasies

If we're sexually healthy, we have sexual fantasies. Fantasies can take many forms, from dreaming of a romantic lover to wearing "wicked" lingerie to absolutely anything else your imagination can conjure up. I believe fantasies are integrally tied to ego needs, because they are a direct way of nurturing your own ego. To say it another way: A fantasy can give you instant ego gratification.

Let's say you have a fantasy of fabulous sex with a gorgeous stranger. The fantasy makes you feel desirable and sexy, it reaffirms your need to love and be loved—it makes your ego feel good.

When two people share fantasies—either verbally or in reality—their ego needs are being gratified on both a physical and psychosexual level. It's a wonderful way to deepen and enhance intimacy.

It's important to keep in mind that exploring and sharing fantasies doesn't necessarily mean acting them out. "Fantasies *(continued)*

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■ WHAT MEN WANT
continued

should never be acted upon," war one therapist, "unless both of y are in total agreement about wha going to take place—and you tota trust each other. It must be mutu ly pleasurable, and I want to und score that a high level of communic tion and complete trust must be w established before you step into t world of fantasy."

Let him know he's the bes

By letting him know he's a wonder lover, you're feeding a primal male-e requirement—the need to feel mas line, potent, powerful. "The reason man asks that clichéd question 'was good for you?' is because *he'll* feel go about himself as a man if his prowe as a lover is confirmed," explains a s therapist from Los Angeles.

"Yeah," confesses a computer co sultant with a smile, "if I get the id she's really turned on by me, if sh showing me that, then I'm going believe that I'm pretty great in bed and I'll think she's great, too."

The woman who lets a man know either verbally or physically—th he's giving her real pleasure is also t woman who lets a man know that s is a priority in her life. "If you ask how to satisfy a man sexually, I'd ha to say that the first thing a wom should do is make sure the guy kno that sex is real important to her," sa an architectural draftsman who h been married—and faithful—for eig years. "My wife is very sexy. Sh easy with her own body, and she l me know she likes mine, even thou I'm no Adonis."

You don't have to scream "I li sex," but you can let him know—w what you wear, how you touch, a how you look at him—that sex mea a great deal in your life.

How do you satisfy a man? Ke these points in mind and you'll fi that by being a better lover yours you'll make him a better lover, too.

- Find out what he likes and wh where and how he likes it.
- Be technically skillful.
- Do what he likes over and ove and then surprise him with someth different.
- Share his fantasies—and yours.
- Make sex a priority, and let h know he's the best lover for you.

Alexandra Penney is the best-sell author of three books including "H to Make Love to a Man." Her new bo "How to Keep Your Man Monogamou will be published this month.


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A WOMAN LIKE A FIELDSTONE HOUSE



By Anne Tyler

That was the year she turned squeamish—1936. Up till then she'd been a tough and gritty little girl, the kind of child who gleefully sprinkled salt on garden slugs and stuck firefly tails to her knuckles for rings. But during her twelfth birthday party, which was held out of doors, she was stung by something unseen and she carried on about it far longer than was reasonable (as all three of her brothers informed her) and afterward behaved timidly around insects, garter snakes and even her brother Peter's pretty orange salamander with the tiny, cool, humanlike hands who lived in a pie-plate full of water under the front porch.

So imagine her distress when she discovered, later in May, a great number of mysterious round holes the size of snake holes scattered through the backyard. They were so precisely formed that they might have been made with the staff of a beach umbrella, but of course they couldn't have been. (The beach umbrella still lay in its wintering place behind the coal furnace in the basement.) Then her father told her they were exit doors for locusts. Cicadas, actually, he said, but here in Baltimore everyone called them locusts, seventeen-year locusts; and yes, this would be the year for them, as a matter of fact. He was surprised to see how quickly they had come around again. Last time, he told Corey, he had been in high school. He had not even kissed a girl yet, not even held hands with one. He looked at Corey's mother when he said this.

Then he went on to explain how the pupae crawled out of the dirt where they had lived for seventeen years and how they climbed the first available vertical object (your leg, if you stood still long enough) and wriggled free of their shells and turned into big black flying insects who mated and died in a matter *(continued)*

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FIELDSTONE HOUSE
continued

veeks, leaving their eggs to mature
urn seventeen years later. He pre-
ted this as a miracle of nature, but
ey was repelled by that description
heir climbing the first available
ical object. She imagined how they
ld feel: burrlike, barnaclelike,
ging with their prickly feet to
bare leg.

hat whole summer, therefore, she
aved in an edgy, old-maidish man-
whenever she was outdoors. Sent
retrieve the morning paper, she
ed on the sidewalk and leaned far,
over to fish the paper from the
ss. Waiting at the streetcar stop,
hopped up and down continually
someone who needed to go to the
nroom. She did this even after all
horny beige shells were emptied;
did this even after the locusts had
ted zooming through the air in
r clumsy, barging fashion, slam-
g into the windshield of her fa-
's Hudson and buzzing like a
ion giant zippers. There was no
stion now of their choosing one
Corey's wiry white legs as a
dding station, and yet still she
t on hopping. Her mother said,
rey, what on earth . . . ?" and in
lic, looked around embarrassed
whispered, "Stand still, sweetie."
Corey couldn't stand still, not
the life of her.

hen one day—oh, it must have
h June, mid-June or so—she real-
the locusts were gone. There were
w black carcasses at the edges of
sidewalks, their bright red, map-
eyes filmed over now, and a few
oty shells fastened to the tree
nks, but no more locusts. Gradually
stopped hopping and began to al-
her family to open the car windows
in when they went for their Sun-
drives. She no longer ran her fin-
s apprehensively through her
w-colored fan of hair after the brief-
trip outdoors or shook out her skirt
examined the soles of her sandals.
September, Corey had forgotten
the locusts had ever existed.

he was hanging diapers out back
when she noticed that one of the
clothesline poles had collected
e sort of clustery growth around its
e, and when she bent for a closer
, she said, "Why!" They were lo-
shells, or pupae, or whatever you
t to call them. She recognized
n instantly. The sight gave her a
oping sensation. The year was
3, she was twenty-nine years old
she had a husband and three chil-
n, and yet here were these crisp
little shrimpy things come all the way from her twelfth summer. She took a clothespin from her apron pocket and poked at one of the pupae, and it fell to the ground, unresisting. She went over to the other pole—actually a maple tree—and found them even thicker there. Her youngest, Dudley, held one clenched in his chubby, creased fist, and his mouth was poised expectantly. "No, no, Dudley! Dirty!" she told him, and she slapped it out of his hand. She could see it was going to be a long summer.

Her husband was a New Englander, transplanted. (He'd been switched to the Baltimore branch of Northeastern Life back when Corey worked there as a secretary, and she had instantly fallen for his bright red hair and bashful smile.) When she told him about the locusts, he claimed he had never heard of such a thing. "Seventeen years?" he said. "They wait underground for seventeen years and then mate and die in just weeks? Isn't that kind of inefficient?"

"Well, maybe I've got it wrong," Corey said. "Maybe there's some in-between stage that I don't know about."

There wasn't, though. When her parents came over for Sunday dinner, she asked her father and he said it was just as she had remembered. They spent that whole long time underground.

The shells began to empty, and then the trees began to droop with what looked like heavy black fruit. "Ugly things!" her friend Marilyn said. (Marilyn was transplanted, too, from someplace out west.) "This is like a horror movie," Marilyn said, but Corey—no longer so squeamish—merely laughed and continued trying to peel a lacy, iridescent wing from Dudley's tongue. She felt like an old-timer; she was almost showing off. "Wait till they start dive-bombing you," she said.

"Ooh! Do they bite?"

"No, but they're such poor fliers, they kind of stagger through the air and bang into people."

"Maybe I'll summer in Europe this year," Marilyn said languidly, tossing her peroxided curls. But she was only joking; she was nothing but a beautician at the Princesse Beauty Shoppes.

As for Corey's two older children—Danny, who was six, and Virginia, who was eight—they thought the locusts were their own personal playthings. They collected seething mounds of them in mason jars. They tied threads to them and let them zoom in circles like domestic animals on leashes. Corey supposed she ought to put a stop to this *(continued)*

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fiction

(continued) (locusts were God's creatures, too), but she had enough to do these days just chasing after Dudley. And she was so weary of locusts by now—their ceaseless racket. Her friend Marilyn called them the Jug Band. "Oh, the Jug Band is hot tonight!" she'd say. Then she demonstrated the Locust Stomp—that crazed dance you saw passersby performing when they discovered an unexpected hitchhiker in their hair. And the Locust Exit—slapping smartly at the screen door before she stepped outside so they wouldn't fly up and zoom into her when the door slammed shut again. She was a card, that Marilyn. Corey's husband thought she was sort of cheap, but Corey got a real kick out of her.

Only in the few hours before dawn now was there any peace. The rest of the time the air was frantically busy, so filled with noise you had to raise your voice to be heard. Lying in bed at night, Corey would ask,

Looking into Elise's sharp little face, she felt how odd it was that this child had not even existed the last time the locusts were here

"How can they keep this up? Wouldn't you think they'd get tired?"

"Maybe they work in shifts," Ben told the ceiling. Then he tossed irritably on his pillow and said, "If only we had air-conditioning, we could close the windows."

The people across the street had put an air conditioner in their bedroom—something that astounded Corey, for she associated air-conditioning with major department stores and those movie theaters that advertise "It's Cold Inside!", each letter dripping blue icicles. Also, she felt there was something dank and shallow about air-conditioned air. "I like to catch the breeze," she told Ben. "I like that moment at night when everything all at once cools down."

"What breeze? What moment?" he asked. "Lately it's been hot as Hades the whole night through." Then he said, "The fact is, you're just not a person who feels the heat."

"I feel it, " she said. "It just doesn't *get* to me. It has to be hot for weeks before it really gets to me."

"You're like my grandma's old fieldstone house," he told her. "It takes a while for the weather to sink through to you."

Then he laughed, because at heart he really was a good-natured man, and he turned to face her and rested a hand on her breast. His warmth traveled instantly through the thin cotton of her nightgown. Outside, the Jug Band sawed away, filling the night with clatter.

She was hauling two bags of groceries out of the car trunk because Dudley, bless his soul, had completely emptied out the fridge in the day and a half he'd been home from college; and what did she see but a large black locust sitting on the curb. It had a sort of stunned look, she thought. It was utterly motionless, and when she nudged it with the toe of her sneaker, it moved over slightly but it didn't fly away. She wondered if these modern fertilizers or pollutants or whatever had had some harmful effect. She wondered why her first inkling of the locusts' arrival had been this adult specimen and not the usual beige shells—although, coming up the front walk with her groceries, she saw the shells everywhere, so evidently it was just that she'd been unobservant. Her husband had undergone major surgery a couple of months earlier (but he was doing fine now, just fine), and Corey often had the feeling that she had missed out on spring this year.

While she was putting the milk away she asked Dudley, "Did you see the locusts?"

"Locusts? Sure," he said. He was hunkered over the table in his pajama bottoms—at eleven o'clock in the morning—spooning cornflakes into his mouth and reading the sports section.

"Last time they were here you kept trying to eat them," she said.

This didn't disgust him as much as you would expect, or maybe he wasn't listening, because all he said was, "Huh," and he went on reading. She thought of how he'd looked beneath the clothesline—his round little face and fat fists and his cap of soft blond hair. It didn't seem to be the same person. She couldn't make the connection.

She went out to the sun porch. Ben lay on the couch with his head at a funny angle—it gave her a turn, for a second—but as soon as she entered, his eyes flew open and he struggled to sit up higher against his pillow. He said, "How was the outside world?" and she said, "Oh, very nice," and smoothed the plaid afghan over his legs. Since the operation he'd been cold all the time. He wore a flannel bathrobe even on this warm June morning.

"You'll never guess what," she said. "The seventeen-year locusts are back."

He said, "Everybody knows that."

"They do?"

"They're running into problems with all the new malls built since 1953. The locusts bump into solid concrete when they try to crawl out of the ground."

"Well, good riddance," Corey said, but without much emphasis. At the mention of 1953, her mind had veered. She thought of Marilyn performing the Locust Stomp. "Oh," she said, "where must Marilyn Holmes be now? Remember Marilyn? I haven't thought of her in years."

Her husband merely closed his eyes.

"The children were still little then, and my parents were still alive," she said. "Dudley was still in diapers. Now it's Hilary who's in diapers, and I don't envy Virginia for a minute trying to stop her from putting those nasty creatures in her mouth."

"Oh, well, they're protein," her husband said.

Corey made a sick noise, but only because he expected her to.

As it turned out, it wasn't Hilary who ate locusts (she was fastidious, for a baby) but Corey's new gray kitten, Calvert. Calvert had just reached the stage where everything was a game—the crocheted ring swinging from the window shade, Ben's feet fidgeting beneath the afghan—and by the time the locusts were in full force, he must have thought he was in heaven. First thing every morning, he was waiting at the kitchen door begging to be let out. When he batted a locust with his paw, it churred at him like an angry squirrel, and his ears perked forward with interest. He nudged it playfully across the flagstones, and then he ate it up, *(continued)*



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fiction

(continued) rustle-rustle. All that June he ate locusts like potato chips. His freckled tummy grew round and tight.

That was the summer Dudley dated Denise—a Towson State student with the figure of a Barbie doll. (And the IQ, too, Corey often felt.) Dudley and Denise hung all over each other, nuzzling and whispering and giggling. One evening, Calvert sprang into Denise's lap, and Denise said, "Ick! Repulsive!" and pushed him off. "He's packed full of locusts."

"In Africa, locusts are a perfectly acceptable food," Dudley told her.

He was joking, for all Corey knew, but one thing led to another, and eventually he bet five dollars that Denise wouldn't eat a wing. Well, to make a long story short, she took him up on it. There was a ceremony in the kitchen; much was made of Denise's accepting a rainbow-hued wing on a dinner plate, slathering it with mayonnaise, then holding her nose and closing her eyes and gulping the thing down whole. She gagged and took a hasty gulp of iced tea. Then she held out her palm. "Five dollars, please," she said in a singsong voice. Corey rolled her eyes and went to see if Ben had touched any of his tray.

That wasn't the end of it either. A week or so later Dudley started saying that a wing was nothing, as easy to eat as cellophane. "The question is," he said, "can you manage the entire beast." They argued about this for several days, and the price climbed from twenty dollars to fifty. But by the time Denise said she might do it (just maybe, was how she put it), the locusts had disappeared. They had vanished while everybody was looking the other way, and when Denise and Dudley went out hunting, they found just a few half-desiccated corpses. The air was unsettlingly quiet, and Calvert was hunched on the flagstones looking as mystified and bereft as if he had lost his last friend.

She was taking her usual morning walk when her eyes chanced to fall upon the most peculiar sight. There in the yard with the privet hedge (she didn't know the people's names; they were new folks from out of town) was what appeared to be a statue of the Madonna. "My goodness," she said out loud. Then she looked around to make certain no one had overheard her talking to herself.

She patted the pockets of her cardigan, hunting for her bifocals, which she should have been wearing all along except the nosepiece pinched. She put them on and blinked and then laughed. It wasn't a Madonna; it was a freshly planted tree swaddled in white cheesecloth. She was getting blind as a bat.

While she was standing there a young woman came out of the house, click-clicking in high-heeled shoes. She was a professional sort, wearing a suit and carrying a briefcase. "Morning," she called to Corey.

Corey said, "I was just . . . "

But then it seemed too much trouble to explain that whole misunderstanding about the Madonna, so all she said was, "I see you've covered up your little tree."

"Japanese cherry," the woman said. "Yes, my husband thought we ought to. Some people say when a tree is young it can suffer a lot of damage."

"Damage?" Corey asked.

"From the seventeen-year locusts; you know they slit the bark when they lay their eggs."

"Oh, yes," Corey said.

Then the woman opened her car door and got in, and Corey walked on.

She was supposed to exercise a minimum of twenty minutes each day—strict orders from her doctor after she'd suffered her latest heart attack—but this morning she quit early and went home, not striding briskly as she usually did but strolling thoughtfully. At the edge of her own yard she clutched her skirt in front of her and bent at the knees to pick up the paper. She opened it out as she walked toward the door. Nicaragua, Persian Gulf . . . Her eyes went to the top of the page for the capsule weather report. It was going to be warm and sunny. Thank the Lord. She was so tired of wearing this everlasting cardigan.

When she opened the door, there was a sense of movement someplace toward the rear of the house, but she knew by now it was nothing; only the too-tidy, too-quiet, uninhabited rooms suddenly jerking awake again. In the kitchen she set the teakettle to boil and poured herself a bowl of bran flakes. "Milk," she said, heading toward the fridge. Then the telephone rang. She crossed the room to lift the receiver. "Hello?"

"Mom?"

It was Virginia making her usual check-up call. Corey felt behind her for a stool and sat down. She said, "Morning, sweetie."

"How're you feeling?" Virginia asked.

"Why, fine! Just fine! How are *you*?"

"Did you have your walk?"

"Yes, I just now came back from it," Corey said. "Did you know the locusts are due this year?"

"Yes, I heard," Virginia said. "Elise is having a fit. She keeps asking if we can leave town till it's over."

Elise was Virginia's youngest—Corey's favorite grandchild. Corey smiled. "You should tell her how much fun you and Danny used to have," she said. "Remember how you collected them in bottles? Made them zoom around on leashes?"

"*I* did that?"

"You most certainly did."

"I don't have the faintest recollection of it," Virginia said.

Then the kettle started whistling, and Corey had to hang up.

In the afternoon Elise dropped by. She often walked the five blocks from Virginia's. She said, "Did you hear about those big bugs that are coming?"

"Oh, they're not so big as all that," Corey told her.

"In the paper they looked enormous."

"They're only about this long," Corey said, and she held a thumb and forefinger two inches apart. Elise shuddered. Corey said, "And they'd never harm you. All they do is make a hubbub."

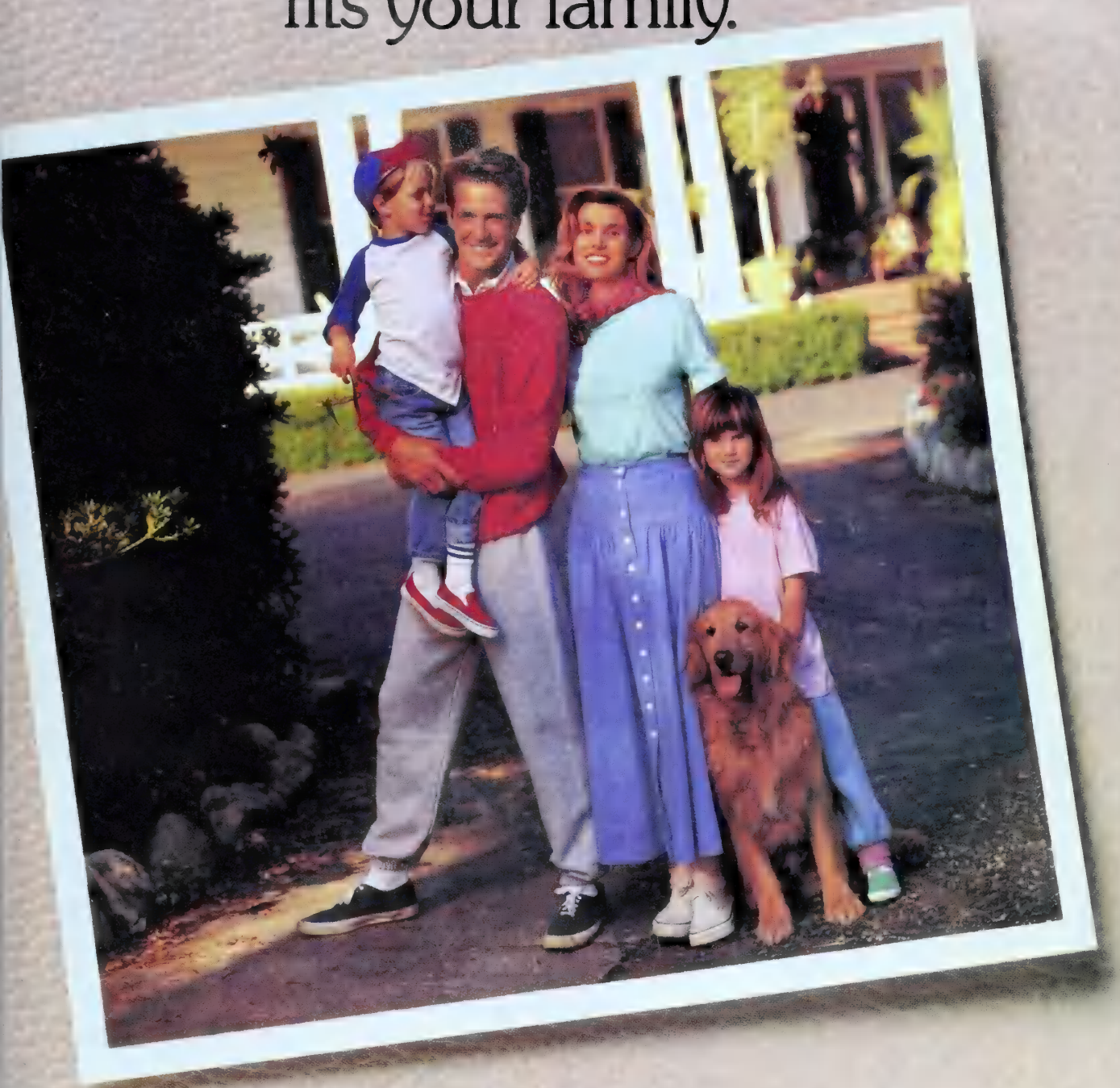
"What kind of hubbub?" Elise asked.

Corey said, "Oh . . . "

Then all at once, looking into Elise's sharp little freckled face, she felt how very odd it was that this child had not even existed the last time the locusts were here. But the thought lasted only a second. Of *course* she hadn't existed; she was barely thirteen years old.

As it happened, 1987's was a much heavier infestation than any of the earlier years'. Or maybe it just seemed so to Corey. Two or three times a day she slapped locusts off the screen door with the flat of her hand ("The Locust Exit," she heard Marilyn say from long, long ago) and then stepped outside to sweep the locusts' dead or dying bodies from the sidewalk. She swept them from the flagstone patio and thought of how Calvert used to enjoy stalking them as a kitten.

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vert had grown up and turned into an, bored, grumpy tomcat and fi- y died of old age, but Corey could picture his soft kitten paws bat- locusts and his ears perking for- d so curiously whenever they red at him.

Corey's eyesight was giving her fits, the ophthalmologist couldn't work in till August, so often she just let morning paper stay rolled in its er band till Elise stopped by in the noon and read it to her. Elise n't much for hard news, but she out scraps of human-interest sto- all about Princess Di and such. read every word about the locusts, use they continued to horrify her. y time she stepped outdoors, she a head scarf. Her daily walk—or —to Corey's was an act of heroism Corey very much appreciated.)

"ten to this," she said. "There's e separate species; you can tell apart by the sound."

"es, seems to me I've heard that," y murmured, stirring her tea.

"rumor's going round that scien- at Hopkins will pay a thousand rs for a blue-eyed locust. But s all bunk, the paper says."

"lue-eyed! All's I've ever seen is

"nd here in the Food Section—ooh! s!"

"hat's that?"

"ecipes."

"ecipes for *locusts*?"

"ou put them in a jar in the freezer der to kill them."

"oodness."

"hen you toast them and roll them alt and serve them as hors vres."

"re you making this up?"

"says right here in the paper! est! Says you can crumble them your ice cream, too."

Corey wondered why the talk always around to eating these creatures. did that cross everybody's mind? "I a girl who ate a wing once," she And at that moment Denise might been giggling at the kitchen table them, although Corey hadn't ght of her in years and Dudley was ied to a very nice woman named a. She sighed. Elise said, "Grand- Are you all right?"

"hy, I'm just fine!" Corey said.

was true what they said about They left you. Dudley lived in ornia and Danny had moved so that Corey sometimes had to stop think before she could say where as now.

the middle of June, just when it beginning to seem that the locusts here to stay, they started thin- out. The nights grew quieter.

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Corey could turn off the air-conditioning and open the bedroom window. Elise could arrive at a normal pace—not hammering up the sidewalk with both hands clamped to her head scarf. "See there?" Corey told her. "You lived through it. They're almost gone. Next time you see a locust you'll be thirty."

"I'll never be thirty," Elise said.

Corey only smiled.

In July she went to Ocean City for two weeks with Virginia and Ted and the children, and when she came back not even the carcasses remained; only a few empty shells stuck to the tree trunks. Although once in late September, opening the double doors off the sun porch and preparing to wash their glass panes, she was startled to find a single locust clinging to one screen. But it was dead, as she discovered when she put on her bifocals and stepped closer. It was held in place only by its brittle legs, no doubt, and could have been knocked loose by the slightest tap of her fingers. For some reason, though, she let it stay. She washed the panes with newspapers dipped in hot water, the way her mother used to do, and she dried them with a chamois cloth. Then she stood for a moment gazing out at the locust before she gently swung the doors together and slid the bolts shut. ■

Anne Tyler lives with her husband and two daughters in Baltimore. "A Woman Like a Fieldstone House" will appear in an upcoming anthology of short fiction to be published by Random House to benefit Share Our Strength, a project that raises funds to fight hunger, homelessness and illiteracy.

WHAT'S HOT *no-sweat exercise*



IF YOU'RE PUTTING LESS WORK INTO YOUR WORKouts, welcome to the trendy track. Nobody wants to feel the burn anymore; today's fitness credo is "less is more."

According to a new survey by American Sports Data, Inc. (ASD), the fastest-growing forms of fitness these days are walking, stationary biking and jogging on a treadmill. While all these activities gained converts between 1987 and 1988, high-impact aerobics *lost* participants, and running and outdoor biking rates remained relatively flat.

"Running and other 'pain-is-gain' activities were the first and second waves of the fitness boom," says ASD president Harvey Lauer. "But much of the new growth in fitness comes from less taxing, low-impact activities."

BARE-MINIMUM FITNESS

Too hot and tired for a tough workout? Relax—you're part of the latest fitness trend. By Sue Berkman

Why? Experts point to the graying of America and the increasing demands on our time. "Before my son was born I often ran four miles before going to work," says Joanna Leefer, thirty-nine, a market researcher from Brooklyn, New York, whose son, Andrew, is two. "Now I've got to wait for my babysitter, and when she arrives I have to leave for work. By the time I get home, it's simply too late to jog."

Joanna hasn't completely dropped out; she manages to swim once or twice a week during her lunch hour and takes an occasional ride on a stationary bike. "People change activities as their lives change," adds Thomas B. Doyle, director of information and research at the National Sporting Goods Association. "What you did at twenty you probably won't do at forty."

Fitness goals change, too. "There's less emphasis now on having a perfect physique and more on maintaining better overall health, so exercise has become less intense," says James Sundquist, president of the Medical and Sports Music Institute of America, Inc., in Eugene, Oregon, an organization that markets rhythmic exercise tapes.

Scientists are discovering that when it comes to exercise, moderation really does work. "Fifteen years ago, the American College of Sports Medicine (ACSM) said you had to work out at seventy to ninety percent of your maximum heart rate to improve cardiovascular fitness," says Steven Blair, director of epidemiology at the Institute for Aerobic Research, in Dallas. "But their latest guidelines dropped that figure to sixty percent." (To find the heart rate you should work at, subtract your age from 220; take 60 percent of that figure to reach ACSM minimum guidelines.)

Moreover, when it comes to losing weight, a leisurely approach may be more effective than we used to think it was. That's because short, intense activity spurts are fueled mostly by carbohydrates, while longer, lower-intensity exercise burns more ugly fat.

It's also true that, when it comes to exercise, *(continued)*

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WHAT'S HOT *no-sweat exercise*



(continued) you *can* have too much of a good thing. Excessive amounts of strenuous physical activity can lead to muscle soreness, fatigue, and bone and joint injuries. In addition, really overdoing it can lead to hormonal imbalances, and some experts say it may also depress the immune system, leaving the body open to infection.

WHY BOTHER?

Today's go-slower approach doesn't mean you should languish in your hammock all summer. Some exercise is crucial for overall health; being totally sedentary remains the biggest health hazard, says Bruce Becker, M.D., clinical assistant professor of rehabilitation medicine at the University of Washington at Seattle.

Even moderate exercise has myriad benefits. No-sweat workouts can strengthen the heart so it pumps more efficiently, help reduce the risk of coronary heart disease, aid muscle function, help keep bones strong, reduce stress levels and improve mood by releasing feel-good hormones in the brain. Last but not least, exercise, combined with a sensible diet, can keep you trim. Along with speeding metabolic rate, working out increases lean body mass—which takes up less space than fat.



MINIMUM EFFORT, MARVELOUS RESULTS

What's the least you can get away with? If you can spare just ninety minutes a week, you can reap all the fitness benefits listed above. (As you start to enjoy exercise, you may want to make your workouts longer and more intense. If so, the benefits will increase.)

To help, *LHJ* asked exercise specialists Molly Fox and Rebecca Thomas of the Molly Fox Studio, in Manhattan, to develop a fitness plan that you can modify to suit your schedule. The plan contains all the elements needed for true fitness: *aerobic exercise* to strengthen the heart and burn fat, *toning and firming moves* to help prevent osteoporosis and build strength, and *flexibility exercises* to help prevent muscle injury and fatigue and help maintain full range of motion in the joints.

As always, check with your doctor before starting this or any exercise program. Then, as you would from a Chinese menu, select the exercises you like from each of the categories (see chart on page 98).

WORKOUT TIPS

- Wear sturdy running shoes and comfortable clothes.
- Start with a brief warm-up to get blood circulating; finish with a cool-down. To do either, simply perform any of the aerobic exercises at an easy pace for three to five minutes before accelerating to target levels.
- Build aerobics into your regular routine. Bike or walk to the store, for example. "You may not realize it, but little activities add up," says William D. McArdle, Ph.D., professor of physical education at Queens College of the City University of New York.

REAPING THE REWARDS

When will you begin to see results? If you stick with your program faithfully for just eight weeks, you'll feel peppier and more energetic. Within a few months your posture will improve. If you wanted to trim down, you should be at least several pounds closer to your goal weight.

Does a bare-minimum approach really work? Ask thirty-five-year-old Amy Genova, a New Jersey writer. She had to shift her exercise routine into a lower gear following the birth of her son, David, who's now five. Amy found herself unable to get to the health club regularly, but with the help of a stationary bike, she has managed to maintain her size-five figure. "I get up early and exercise while my son is absorbed in cartoons and breakfast," she says. "Since I *know* I won't get a chance to work out later, I tell myself, 'It's now or never!' "

Turn the page for our exercise menu.

Photos, from top: D. Hallinan/FPG; S. Wilkinson/Stockphotos.



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WHAT'S HOT *no-sweat exercise*



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EXERCISES

strengthen/tone

ABDOMINAL CRUNCHES Lie on the floor, knees bent, feet flat on floor. Press the small of your back into the floor. Exhale as you slowly curl your head, neck and shoulders off the floor. Grasp the backs of your thighs just below the knees; hold for five seconds, then slowly curl back down.

PUSH-UPS Lie on your stomach and bend your knees at a ninety-degree angle. Keeping elbows close to your body, place hands on the floor shoulder-width apart. Using your arms, push your body away from the floor until elbows are straight but not locked. Bending elbows, lower chest toward the floor.

SQUATS Stand with arms straight down at your sides. Raise arms to shoulder height and bend knees as though sitting in a chair, pressing buttocks back. Don't let your hips drop below your knees. Then press hips forward and stand straight, lowering arms to your sides.

SUPPORTED LEG LIFTS Sit on the floor with your back and shoulders against a wall. Keep legs straight out in front of you, but don't lock knees. Slowly lift right leg about two inches off the floor. Hold for a few seconds, then lower. Do ten times, then repeat with left leg.

TRICEPS PUSH-UPS Sit on the floor, knees bent, feet flat on the ground. Place hands on the floor at your sides, fingers pointing slightly in. Bend and straighten elbows without locking the joints. (This will lift buttocks off the ground.)

flexibility/stretch

ABDOMINAL STRETCH Lie on your stomach, elbows bent, keeping forearms on the floor and hands flat on the ground next to your shoulders, fingers pointing straight ahead. Slowly lift the upper half of your body off the floor, arching your back slightly, and lifting your head to look at the ceiling. Hold for 15 to 30 seconds, squeezing buttocks together. Release and return to starting position.

CALF STRETCH Stand facing a wall, placing hands flat on the wall. Bring right foot in to touch the base of the wall and bend right knee. Keeping left leg straight, lean into the wall until your face almost touches it. Hold for 15 to 30 seconds and return to starting position. Repeat with left leg.

CHEST STRETCH Clasp hands behind your hips. Raise arms several inches, then lower.

HAMSTRING STRETCH Lie on your back, knees bent, feet flat on the floor. Holding right leg at the calf, gently bring it toward your body, keeping knee slightly bent. Slowly straighten leg. Hold for 15 to 30 seconds. Repeat with left leg.

FRONT-OF-THIGH STRETCH Lie on your right side with your knees slightly bent. Rest your head on your right arm, which is straight. Bring right leg forward slightly for balance. Lift left leg, keeping knee bent. Grasp the toe of your left foot with your left hand, and gently bring your heel to touch your buttock. As you do this, tilt pelvis forward. Release and return to starting position. Repeat on left side.

LOWER-BACK STRETCH Sit cross-legged on the floor and place arms loosely on knees. Slowly round forward to stretch out your spine. Hold for 15 to 30 seconds.

TRICEPS STRETCH Raise right arm next to your head, pointing fingers toward the ceiling. Bend right arm at the elbow and try to touch the middle of your back. Grasp elbow with left hand and hold for 15 to 30 seconds. Repeat with other arm.

EXERCISE MENU

Column A—aerobics

(Twenty minutes three times a week, or ten minutes six times a week.)

- **Aerobic dance**
- **Brisk walking (outdoors or on a treadmill)**
- **Bicycle riding (outdoors or stationary)**
- **Jogging**
- **Jumping rope**
- **Skiing (cross-country machine)**
- **Swimming**

Column B—strengthen/tone

(Pick three; vary your choices each day; do ten repetitions of each three times per week—five minutes.)

- **Abdominal crunches**
- **Push-ups**
- **Squats**
- **Supported leg lifts**
- **Triceps push-ups**

Column C—flexibility/stretch

(Pick several different ones each time you exercise; do each one or more times. Work up to holding each stretch thirty seconds; aim for a total of four minutes three times per week.)

- **Abdominal stretch**
- **Calf stretch**
- **Chest stretch**
- **Hamstring stretch**
- **Front-of-thigh stretch**
- **Lower-back stretch**
- **Triceps stretch**

"Just another brake job? Not to the guy who owns this car. Not to me, either."

"You learn real fast in a GM dealership, behind every brake job there's a person. Someone who depends on these wheels to get around town, go on vacations, take the kids to school. And that person brought their car to this dealership because they wanted these brakes done right. With genuine GM parts. The kind this General Motors car was designed to use.

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Stephen Thompson
Mr. Goodwrench Service Technician
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It's not just a car...it's your freedom.

Sophie

By Jan Hagara



"Sophie" shown smaller than actual size of approximately 20" tall.

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Suddenly, she's just "itching" to come home.



She isn't home sick. She has head lice.

Luckily, the only word you need to know about head lice is RID.®

RID shampoo kills live lice completely, safely, and easily. And, the treatment includes the patented RID nit removal comb–proven 100% effective at removing the eggs lice leave behind. No wonder RID is the #1 recommended non-prescription lice treatment product by Pediatricians, Pharmacists and School Nurses.

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Remember...you can't buy anything more effective than RID to kill head lice.

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THE BROKEN CORD

Something was wrong with Adam, but no one could say exactly what. Share this deeply moving account of a father's struggle to find the answers about his son

By Michael Dorris

I sat in the Pierre, South Dakota, airport, feeling exhilarated and out of place, a stranger on a mission no one would ever suspect: Within the hour, I was due to become an unmarried father.

The year was 1971 and I was twenty-six years old, an anthropology instructor at a small college in New England. This cloudy afternoon in Pierre was the culmination of a journey I had begun nine months before.

I had been living in a rural cabin in an Alaskan Indian community, spending most of my time studying the local language. One of its most difficult features was the practice of almost always speaking and thinking in a collective plural voice. One afternoon, as I organized my notes, I realized that in a world of "we," I was an "I," with no responsibilities or links outside myself. I imagined vaguely that I would someday marry, but there were no immediate prospects. Suddenly, I knew with no ambiguity that I wanted a baby.

I wrote to several agencies, asking if adoption was possible for a single man. I also said that as I was, in part, a Native American, I was interested in an Indian baby. I received only one reply and, after a very nerve-racking interview and home study, was approved.

By the time I received the call about the child I was back teaching in New England. Denis, the local social worker, contacted me and said South Dakota might have an American Indian three-year-old. *(continued)*

From the book THE BROKEN CORD, to be published by Harper and Row. Copyright © 1989 by Michael Dorris.

YOU KNOW THAT IRRITATING ITCH YOUR DOCTOR CALLS VAGINITIS?

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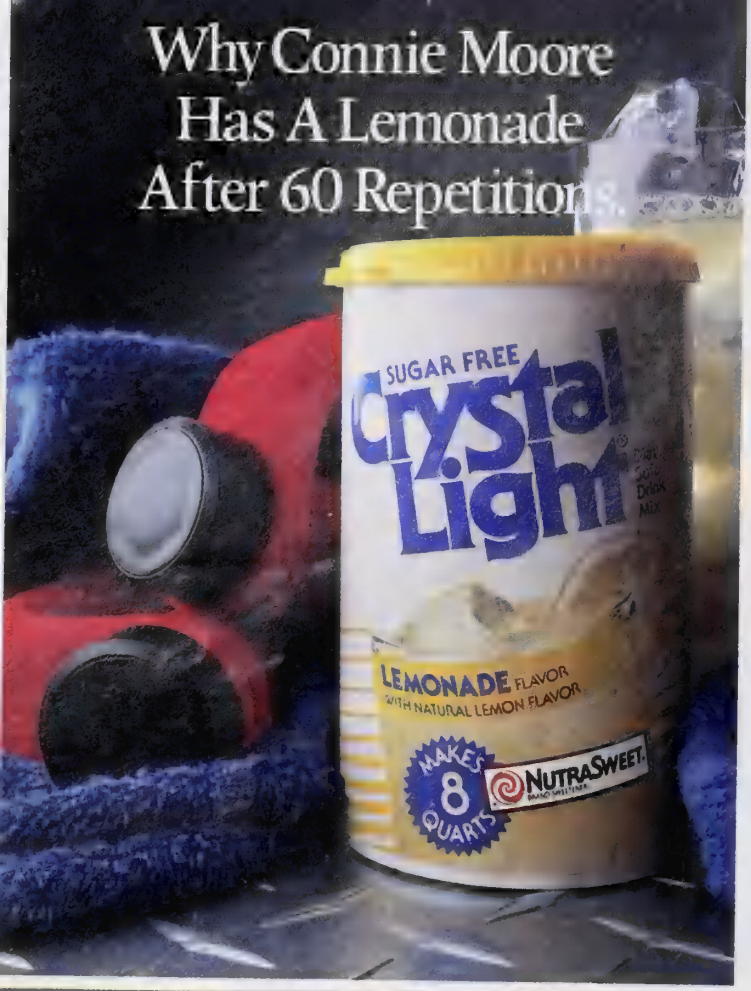
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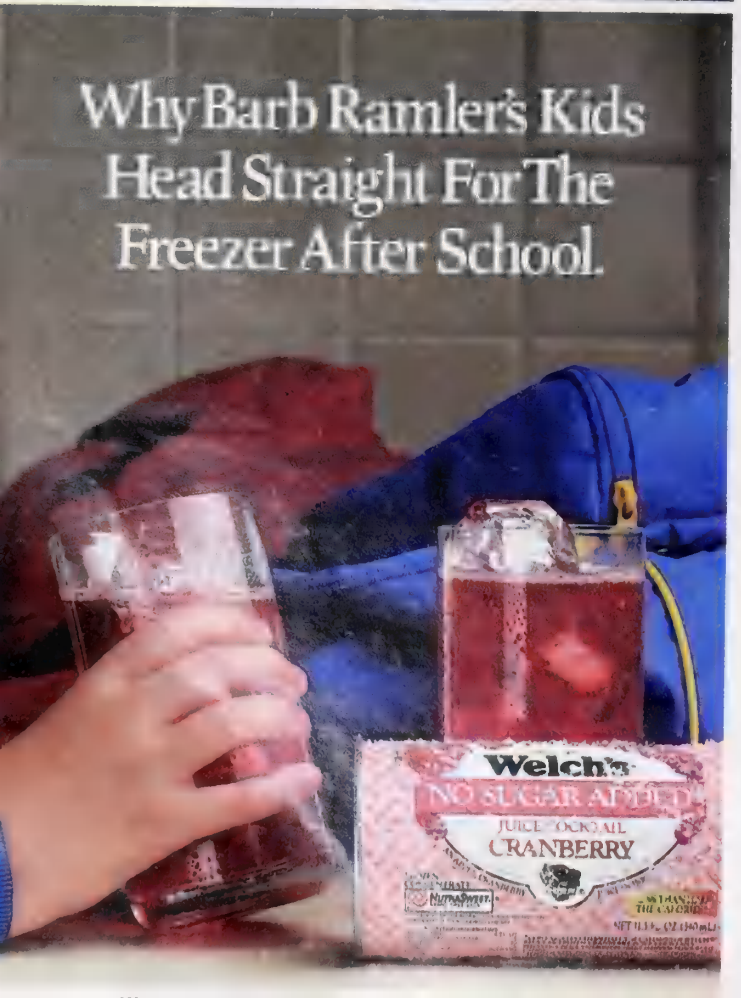
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THE BROKEN CORD

continued

The boy in question was currently placed in a fo home. Born almost seven weeks premature, he had b neglected to the point of malnutrition by his biolog mother, a heavy drinker. Adam—the name I had alre chosen—had been removed from her custody after contr ing pneumonia and had resided during the two years si that time in hospitals and with state-appointed guardia The boy was small for his age and had not been toi trained or taught to speak more than a few words. He diagnosed as mentally retarded. Was I still interested?

"Look," I said, "who knows whether that prognosi correct? What chance has this kid had to develop? I beli in the positive impact of environment, and with me h catch up."

When Denis showed me a snapshot of the little boy, pa fully thin, with black hair in a bowl-shaped cut, I would ha recognized him anywhere: my dream come true.

A week later, I was in South Dakota. My first impress on meeting Adam was that his face was perfect, dee etched with dark, close-set eyes, his expression measuri

Then he lit with recognition. "Hi, Daddy," he said wi out a beat of strangeness or doubt. I stood—stunn blessed, transported, forever changed.

The first crisis

The idea of comparing Adam with other children his a never occurred to me. I was so busy adjusting to the oc and ends of fatherhood and teaching and balancing t budget that I thought that Adam's every physical a mental development was, all things considered, right schedule. Our elderly, rural pediatrician assured me th Adam was healthy and strong, if small.

"He was a preemie," the man reminded me. "He has catch up. Besides, his people were probably short."

It was about a month later, shortly after Adam's four birthday, that I awoke one morning and was struck by t quiet that seemed to have descended over our apartme The ground had been covered by a fresh seven inches snow and I'd overslept. It was eight o'clock. I called Adan name but received no reply. As I walked toward Adan room I felt a twinge of worry. He normally rose at fiv thirty A.M., regardless of what time he went to sleep.

Adam lay face down on the floor, unconscious, his bo hot to the touch. I rolled him on his back, shook his shou ders, but he gave no response. His breathing was fast a shallow. I lifted Adam, aware of the frailty of his limbs wrapped him in his blanket and grabbed the car keys.

In the emergency room, Adam's body was convulsin rising and thrashing against the restraining straps of th stretcher, with a strength that looked impossible. Late tests revealed unusual electrical activity in the left temp ral lobe of his brain, but more than that, the close scrutin of the chief doctor with his team of physicians yielded raft of troublesome auxiliary observations: Adam's crani circumference was abnormally small, his joints were poor articulated, he had a tendency toward curvature of th spine. When I answered questions about the rate of h development, I did not miss the expressions of guarde concern on the doctors' faces.

"What do you know of the birth mother's habits?" th doctor asked late the second evening. "Did she get prope nutrition during pregnancy? Did she use drugs? Drink?

"His mother drank, but I don't know what or how much How could her behavior years ago be related to this a tack?" I asked. He had no answers.

Dilantin was prescribed to control his seizures, and a

ıe passed, I somehow managed to make the medicine :ome my excuse for his every disability. He could not, for tance, learn to count to five, which was his age. Over l over he would block on the number three. I told myself ad to be the medicine.

ıs time went on, I approached the gnawing question of am as though I were a trial lawyer and sought my own ert witnesses on his behalf. A friend was getting a D. in psychology, and I asked her to recommend some- to do a thorough evaluation of his intelligence. The chologist's summation was less than encouraging. Ad- 's overall IQ fell into the borderline category, and his lls ranged from approximately a year below his age el in some visual tasks to considerably lower in other as. He was also highly distractible.

listened, stunned with disappointment and worry. But ıost immediately I persuaded myself that the real prob- was not with Adam but with other people's perception ıim. I determined not to worry, to forget the blinking rms, to ignore the growing consistency of outside opin- that something was seriously wrong.

ı the late seventies, Adam teetered so close to the edge kay that it seemed impossible that, given the proper ıetus, he would not succeed. Yet on my old calendars I the notation of many doctor visits for Adam, and I do ıember constantly reading books about learning theory. l the fact is, in reviewing those end-of-the-year teacher orts, it is now clear that in grade after grade of primary ool Adam was working at the same level on exactly the ıe tasks. But his sweet disposition was his talent, and it so striking that it often obscured his lack of progress.

e next step

en Adam graduated from Cornish Elementary School in 3, he still could not add, subtract, count money or sistently identify the town, state, country or planet ere he lived. Everyone agreed that he was too old to eat yet another primary school grade, so his next stop Stevens High School, a thirty-minute ride away.

ut after that first disastrous year, the principal sug- ted that Adam be transferred to the vocational-educa- ı program at Hartford High. In addition to some aca- ıic classes, Adam would have an extensive daily course survival skills: how to shop for groceries, fill out an lication, take the bus, choose which clothes to wear hout being told. Eventually he would be placed in part- e employment, monitored on site by the school staff. goal was a regular paycheck, an apartment, a start to ıtisfying life.

saw an almost immediate improvement in his attitude. nagging sense of constant failure—mine as well as my s—was replaced with moderate expectations, optimism, ense that he was at last on the right track.

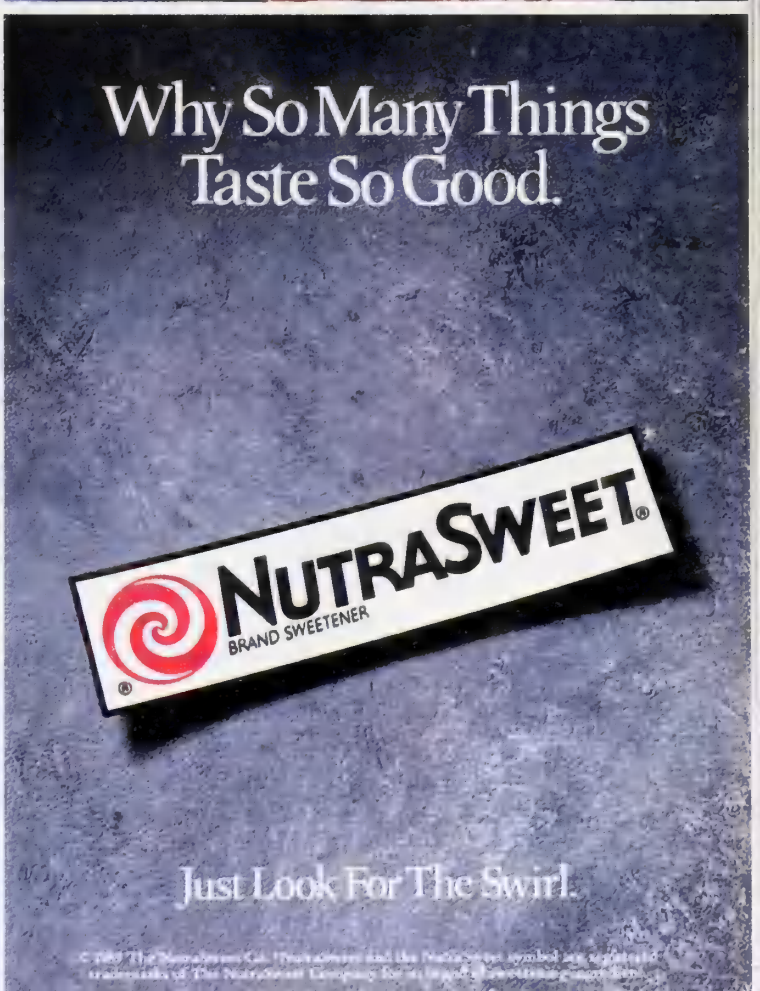
e revelation

ile I was giving a lecture at the University of Minneso- a colleague proposed that I join him on an upcoming to South Dakota. Our destination was a rehabilitation treatment center for teenagers with chemical depen- cies on a reservation.

Then we arrived, the director, a smiling Sioux man of ut forty, stepped out to greet us. We followed him ough the door into what he called the common room. re was a noise behind us, and I moved to make room for young boys—clients, the director called them—to en- Ignoring our presence, they turned on the TV, dropped chairs and couches, and stared straight ahead.

hey could have been Adam's twin *(continued)*





■ THE BROKEN CORD
continued

brothers. They resembled him in every facial feature, in every gesture, in body type. There was also something uncannily familiar about their facial expression and posture, their choice of television program, their screening out of all but a few elements in the environment that surrounded them. The correspondences seemed too great for mere coincidence.

The director saw my confusion and looked at me questioningly.

"I have a son," I told him, and then reached into my wallet for a photograph.

He examined the picture, nodded and handed it back. "FAS, too, huh?" he asked.

The bureaucratic world of Indian affairs is full of triplicate acronyms, but this was a new one on me.

"FAS?"

"Fetal alcohol syndrome," he said. "Most of the kids we get are FAS. They come from alcoholic families, mothers who drank. Your wife, too?"

"He's adopted," I answered. "And yes, his mother did drink. In fact, she's dead now, of alcohol poisoning. But Adam has been with me since he was very small."

"Doesn't matter. Whatever the booze does, it happens before the kid is born." He reached for Adam's photograph, which I still held.

"You see the eyes," he pointed out. "The small head. See how thin he is? He's what, mid-teens? If you didn't know better, you'd think he was a lot younger."

He was right on every count. I looked back at one of the boys sprawled on the couch. In his fixed concentration, his mouth gaped in a too familiar way.

"Do these boys, the ones who come to Project Phoenix, have learning problems?" I asked. "Do they have trouble with things like money?"

The director laughed, not unpleasantly but not with real humor either. "Are you kidding?" he said. "Money. Time. You name it. And the worst thing is, they don't learn from experience. We train them, run them through counseling, set them up with voc-ed, whatever, and in a couple weeks the court's petitioning for them to come back here."

"What finally works for them?" I asked, ready to go home and try whatever he suggested.

"What works?" he repeated. "Not a goddamn thing."

At least I finally had a name for Adam's collection of disabilities, a after returning home I spent t majority of the next few years searching FAS. Here are some of t things I learned.

■ FAS, identified only in the mid-s enties, is now used to describe the current set of lifelong physical and havioral problems common in the ch dren of mothers who drink wh they're pregnant. Physical manifes tions include malformations of t bones, heart and major organs; visi and hearing impairments; poor coor nation. Behavioral problems, ste ming from damage to the developi brain, result in various learning di culties, especially with abstra thought processes such as telling ti and dealing with money.

■ Because most of the alcohol a mo er drinks passes through the placen by the time a woman feels the effe of her drinking, the baby may w have passed out.

■ Drinking in the first and second t mester is tied to physical effects, t third trimester with emotional/lea ing effects.

■ A tell-tale sign of FAS is a pren ture, slight, "failure-to-thrive" bal Distinctive facial features include smooth philtrum (the indentati above the lip), relatively *(continu*



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■ THE BROKEN CORD
continued

small head circumference, special formations of the eyelids known as epicanthic folds, low nasal bridge, small midface.

■ The Surgeon General of the United States counsels that there is no safe amount of liquor for a pregnant woman or a nursing mother. Abstinence is the only guarantee.

■ FAS is the number-one preventable birth defect.

Clearly, even the most well-intentioned parents can be led astray if the medical establishment either denies or fails to make available adequate public information. One of the things that most amazed me in my research on FAS was the attitude of many physicians. An apparently large group of doctors just did not believe the Surgeon General's report that even a small amount of alcohol can be dangerous to a fetus. As recently as 1974, a standard reference and medical-school textbook maintained that "alcohol gains free access to fetal circulation, but does not seem to harm the fetus." Though this information was corrected in 1980, it was the voice of instruction for many students who are now practicing doctors.

After all I'd learned about FAS, it was very difficult to keep it to myself. Typical was an encounter I had in the restaurant of an airport. A woman, certainly well into her second trimester, sat at the table next to mine and ordered a martini.

"Excuse me," I said, "but it's really not safe to drink when you're pre nant. I'm working on a book, and . .

"Mind your own business," s snapped back, then turned to h friend and loudly complained abo how typical it was for a man to thi he knew more than she did about h own body. When her drink arrived, s caught my eye and held up the glass my direction. "Cheers," she said, a took her first sip.

There was a part of me that want to whip out my wallet, show her A am's picture, tell her his story. The was a part of me that wanted to ma a citizen's arrest or to plead for h baby's brain cells. There was a part me that wanted to ask her if she tended to fill a formula bottle with g to feed that to her child when it w born—since there would probably less harm done at that stage th what she was doing today. But I ke silent, turned away in embarrassme hoped that she was young and we nourished enough to minimize the p son she was sending with every se satisfied swallow to her growing fet It was no pleasure to be right.

A chance at independence

Adam moved out of the house in la spring of 1988. It was time, but t decision for him to go had not co easily. It was a choice made by defau He was in his final year at Hartfo the last period during which he wou be eligible for employment traini and placement assistance. The lo social service agency found him a s pervised boarding home in Hanov near enough to public transportati that he could commute to and from regular dishwashing job at a bowli alley and only a twenty-mile dri from our house.

On a muddy Sunday we packed the odd collection of belongings Ada wanted to take with him to his n room. Also included were the volu nous lists I had prepared—times a amounts of medication, sequence of tions to be followed each mornin emergency telephone numbers and i structions for using a pay phone.

Adam walked without a backwa glance from the house in which he h lived for almost sixteen years. I expe enced a quiet flash of sorrow.

When things are the best they c be, you have no excuse to compla but that doesn't mean you forgo regr I had no right to want more for Ada than it's possible for him to have, a if I were a better and more accepti person, I would have rejoiced witho qualification that he was agreeab and competent to make this step. C tainly that *(continued on page 17*

HOW CHEDDAR CHEESE GIVES LAIN VEGETABLES A TASTE YOU'LL FANCY.

This bunch of broccoli was utterly uninspired, until a simple cheddar sauce melted your heart. How could something so easy make such a difference? Try this simple recipe and see!

MICROWAVE CHEDDAR SAUCE RECIPE

Heat 1 c. milk 2 minutes on medium high. Set aside. Melt 2 Tbs. butter 1 minute on high. Stir in 2 Tbs. flour, heat 1 minute more on high. Briskly stir in warm milk. Blend well. Cook on high 2½ minutes, or until boiling. Stir in 1 c. grated cheddar cheese. Blend well.



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tional Dairy Board

c. National Dairy Board. 1988

By Carolyn B. Noyes

Everything's comin' up FLOWERS

Bring the scent-sual bounty of a backyard garden indoors. Here's the scoop on what blooms to choose for yourself or someone special


traditional


romantic

FLOWER POWER

There's nothing like a bunch of cheery blossoms to brighten someone's day. But before you order that special bouquet, you've got to determine what type of floral arrangement best suits the personality of the receiver. These hints from the American Floral Marketing Council can help you make the perfect match.

KEEPING TRADITION If on a rainy day you like nothing better than to make a date with a comfy armchair, a cup of herbal tea and a Brontë novel, then classic's the style for you. The traditionalist would most appreciate a spring bouquet of tulips and carnations or a fall arrangement of mums and tiger lilies.


outdoorsy

ISN'T IT ROMANTIC? Does *Casablanca* make you weepy even during the opening credits? For the incurable romantic, roses and baby's breath are a perfect bedside-table accessory, as are lilacs and irises set in a porcelain vase.

MOTHER NATURE You still press colorful autumn leaves in the encyclopedia and delight in seeing the first robin of spring. If you're most at home in the great outdoors, a wicker picnic basket full of wildflowers, heather, statice and grasses best reflects your country style.

ACTING ON IMPULSE You go to Hawaii on vacation, but you'd rather explore the volcanoes and tropical rain forests than loll on the beach all day. The style to feed your flair for the dramatic? A single calla lily in a long-stemmed crystal vase or an arrangement of birds-of-paradise and antherium.


dramatic

sex and flowers

Men most often choose red blooms, according to a 1988 study by Market Facts; women prefer pink, peach and yellow. The only color equally popular among male and female buyers? Deep purple.

THE TOP TEN FAVES

rose
carnation
alstroemeria
sweetheart rose
pompon
mini carnation
lily
gladiola
daisy
iris

KEEP 'EM GROWING

■ Extend the life of the arrangement by changing the water daily. Hold the aspirin and pennies! If you're going to add anything to the water, make it a tablespoon of household bleach—it's the best bet to prevent cloudiness and keep the bacteria level down. Add a little sugar, too, for necessary glucose.

■ Condition the stems. This enables flowers to store extra water. To do: Let flowers stand in water; refrigerate overnight.



EMEMBER THE DAYS WHEN COOKING FOR A CROWD WASN'T A CHORE?

Think back to the first time you entered. Your guests were teddy bears and stuffed mals and dolls with roll-back eyes.

And you spent hours in your make-believe chen, fixing tea cakes and brownies and nana splits and lima beans. Making certain, ourse, that there was enough to go around.

That was the true joy of cooking.

And if that's a feeling you'd like to exience again, just try cooking a few meals the Jenn-Air grill-range cooktop.

Because with a Jenn-Air, cooking for a wd can be as carefree as throwing a few ks on the grill. Or hamburgers, if your ily's as easy to please as those teddy bears.

The Jenn-Air's convertible cooktop lets snap in a variety of optional accessories ust a matter of seconds.

And with Jenn-Air's unique Selective-Use™ n, you can switch from radiant to convec- cooking. Which means that your crowd sn't have to wait as long for tender baked cken or juicy pot roasts.

But maybe the thing you'll appreciate most is how easy it is to clean up with a Jenn-Air. Most parts drop in the dishwasher, and the cooktop wipes up with a damp cloth.

What's more, with our downdraft ventilation system, smoke and odors from cooking are vented to the outside without an overhead hood. Which keeps your kitchen cleaner.



So before you buy just any cooktop, think back to those teddy bears and dolls with roll-back eyes. And then imagine having fun in the kitchen again.

JENN-AIR

d out more, see the Yellow Pages for the Jenn-Air dealer nearest you. Or write Jenn-Air Co., 3035 Shadeland Ave., Indianapolis, IN 46226. © 1989 Jenn-Air Co.



The smart traveler

If you're returning a rental car to a differ ent location from your original pickup, b sure to find out in advance exactly wher the agency is. My husband and I learne this lesson the hard way, and it almos ruined our honeymoon.

Our car was to be returned at Heathro Airport in London, but when we got to th airport, we found out that the return loca tion was fifteen miles (and half an hou away. The one-hour trip to and from th rental agency caused a nerve-racking ru through the airport, where they were clos ing the door to our plane!

—Deborah B. Youn Downingtown, P

TRAVEL TALK

Easy cash overseas

Getting local currency in foreign countries will be easier than ever for many travelers—as easy as using the ATMs in your hometown.

Two of the large American ATM networks, Plus System and Cirrus, have set up international ATM networks that American travelers can use. When abroad, you can draw from your U.S. savings or checking accounts, using your regular personal identification numbers (PINs). Although you may be charged a transaction fee (depending on your bank's policy), you can often get the lowest exchange rate.

Plus System networks are already operational in Great Britain, Canada, Japan and the Caribbean. Banks in Australia, New Zealand, Hong Kong, Singapore, Thailand and Bermuda will be on-line soon.

The Cirrus System will be ready to roll by late summer in some countries and late 1989 in others: It will be available in France, Spain, Portugal, Italy, Germany, Belgium, Luxembourg, Denmark, Great Britain, Japan, Hong Kong, Malaysia, the Philippines, Singapore, Argentina, Venezuela, Ecuador, Mexico and the Dominican Republic. (Cirrus is already on-line in Canada.)

If your bank belongs to one of these networks, you should be able to use them with no trouble. Ask your bank for an updated list of the names of international member banks. —Sarah McCraw

EURAILPAS EXPANDE

Hungary has joined the E ailpass system, becom the seventeenth member of the n work and the first Eastern Europe country to do so. This year marks thirtieth anniversary of Eurailpa and it remains one of the great tra bargains for North Americans. A ba Eurailpass is only $320 for fifteen d of unlimited First Class rail tra The route leaving from Vienna Budapest on the Wiener Walt winds through rolling green fields ted with thatch-roof barns and ho drawn wagons piled with hay. Pass gers can enjoy these pastoral sce while dining on chicken paprika, c ar, and pancakes with jam, with ple of Czech beer.

Visas are necessary for U.S. citize For more information, contact y travel agent or send a self-addres stamped envelope to European P Passes, P.O. Box 1754, New York, 10185. —Everett Po



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MEDINEWS

By Sally Squires

TO HELP YOU AND YOUR FAMILY STAY HEALTHY

Winning at losing

You may be a bigger loser than you think. Experts used to believe that only 5 percent of dieters succeed, but University of Michigan researchers say that the odds are much more encouraging. After studying more than two thousand families, they found that nearly 25 percent of all female dieters—and 15 percent of males—lost at least ten pounds during the past year. To boost your chances of success, experts suggest shedding extra pounds before too many accumulate. Trim down before age thirty-five; after that, metabolism slows, making dieting more difficult.

Summer food safety

Wonder how long the picnic potato salad can safely sit out in hot weather? Have some last-minute questions on how to barbecue the perfect steak? Call the U.S. Department of Agriculture's toll-free hotline for help at 800-535-4555. Home economists will answer your food-preparation questions from 10 A.M. to 4 P.M., EST, Monday to Friday.

CHROMIUM VS. CHOLESTEROL

Researchers at Bemidji State University, in Minnesota, say a daily 200-microgram dose of the mineral chromium (in the form of chromium picolinate) can lower total blood cholesterol 7 percent in people with high cholesterol levels and, what's more, *raise* levels of the artery-protecting cholesterol known as HDL. Chromium also lowers blood-sugar levels in non–insulin-dependent diabetics.

Despite the virtues of chromium, 90 percent of Americans fail to ingest the minimum daily requirement—50 micrograms. Beer, brewer's yeast, organ meats and oysters are all rich in chromium. Supplements are available at pharmacies and health-food stores; experts recommend limiting daily intake to 200 micrograms because extremely high levels can cause possible side effects such as low-grade anemia, skin rashes and mood changes.

NEW VAGINAL TEST

Don't be surprised if your gynecologist uses a new procedure at your next exam. Specifically, it's a more precise ultrasound test to pinpoint ovulation, diagnose tubal pregnancies or evaluate endometriosis and other gynecologic problems. Unlike ordinary ultrasound—which involves passing a sound wave–recording device over the abdomen to produce images of what's inside—the new probe is inserted into the vagina, explains Alan H. DeCherney, M.D., professor of obstetrics and gynecology at Yale University School of Medicine, in New Haven, Connecticut. This test is becoming increasingly popular and can be used by any doctor who has an ultrasound machine.

DRUG SCARES

When the National Heart, Lung and Blood Institute halted a clinical trial of arrhythmia-correcting heart medications last spring, doctors were swamped with calls from worried patients. Tests on two drugs were stopped because people treated with them had a higher death rate than those taking placebos.

Although people taking the two drugs, flecainide (Tambocor) and encainide (Enkaid), are right to be concerned, doctors say stopping a clinical trial does not mean patients should just quit taking those drugs, according to Edward Platia, M.D., director of the Cardiac Arrhythmia Center at the Washington Hospital Center. Sudden cessation of any prescribed medication can have negative consequences. Many people can still safely take Tambocor and Enkaid, Platia explains, and even those who can't may need to be weaned from the medication. The bottom line: Don't stop taking prescriptions without checking with your doctor.

pure and simple reasons why you should take Tums for calcium.

Tums contains nature's best form of calcium.

The only active ingredient in Tums® is pure calcium carbonate. This is calcium that is universally recognized as one of the purest, most readily absorbed forms of calcium. It is the preferred source of calcium supplementation, and almost all of the expensive calcium supplements are made from it. There are at least ten recognized forms of calcium, but calcium carbonate is preferred because it delivers the highest concentration of calcium. The chart shows the difference.

% CALCIUM

CARBONATE	40%
BASIC PHOSPHATE	38.8%
CITRATE	24.1%
LACTATE	18.4%
GLUCONATE	9.3%

Doctors strongly recommend Tums.

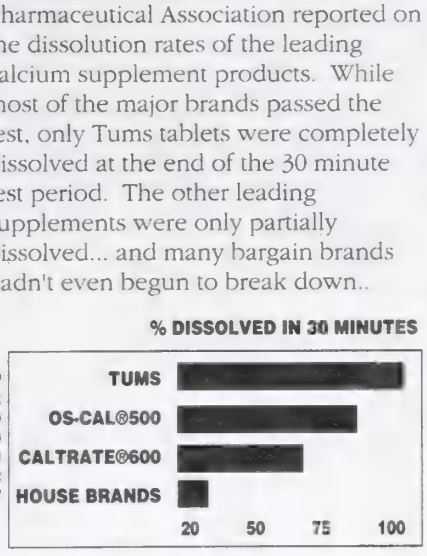
Ask your own doctor about Tums for calcium. Thousands of doctors now regularly recommend Tums as an economical calcium source. They are aware of the advantages of calcium carbonate, and the medical articles comparing Tums and other calcium supplement products. The makers of Tums have been major sponsors of calcium research projects which have not only revealed calcium's critical role in helping to build strong bones and in preventing osteoporosis, but which are leading to other potentially important benefits as well.

Tums is ideal for a calcium regimen.

Medical research has shown that the most beneficial way to supplement a diet with calcium is by spreading the recommended intake throughout the day, preferably with meals. Tums can be taken in smaller, divided doses for better absorption versus taking calcium in one lump sum. Each regular Tums tablet contains 200 mg. of calcium. Each Tums E-X tablet contains 300 mg. One tablet after each meal provides the additional calcium women need to meet their daily requirements. And portable Tums offers the flexibility of easily varying your dosage depending on your dietary calcium intake.

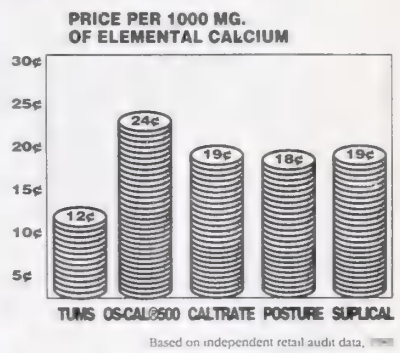
4. Tums calcium dissolves better.

Any doctor will tell you that unless calcium is completely dissolved before it leaves your stomach, it's not delivering the maximum benefit to your body. A study published in American Pharmacy, the journal of the American Pharmaceutical Association reported on the dissolution rates of the leading calcium supplement products. While most of the major brands passed the test, only Tums tablets were completely dissolved at the end of the 30 minute test period. The other leading supplements were only partially dissolved... and many bargain brands hadn't even begun to break down..



5. Tums is less expensive.

Tums costs less than many of the leading calcium supplements. Tums even costs less than some bargain brands – many of which are not pure calcium carbonate, and which do not dissolve in your stomach as effectively as Tums. If you're on a daily calcium regimen, the money you save on Tums can add up quickly. But that, of course, is just a side benefit to the real reasons why you should buy Tums for calcium. Tums is the best calcium you can get, it's recommended by thousands of doctors, it dissolves faster, it's ideal for any calcium regimen.



Calcium Bulletin: New Findings

Continuing calcium research indicates that the need for calcium may go far beyond its role in helping to build strong bones and preventing osteoporosis. Several published medical studies suggest new uses for calcium carbonate, including a possible tie to cholesterol reduction. Tums will continue to support evaluation and investigation of calcium carbonate's role in cholesterol metabolism and the effects on cancer cells. Meanwhile, ask your doctor about the benefits of calcium.



Tums is calcium.

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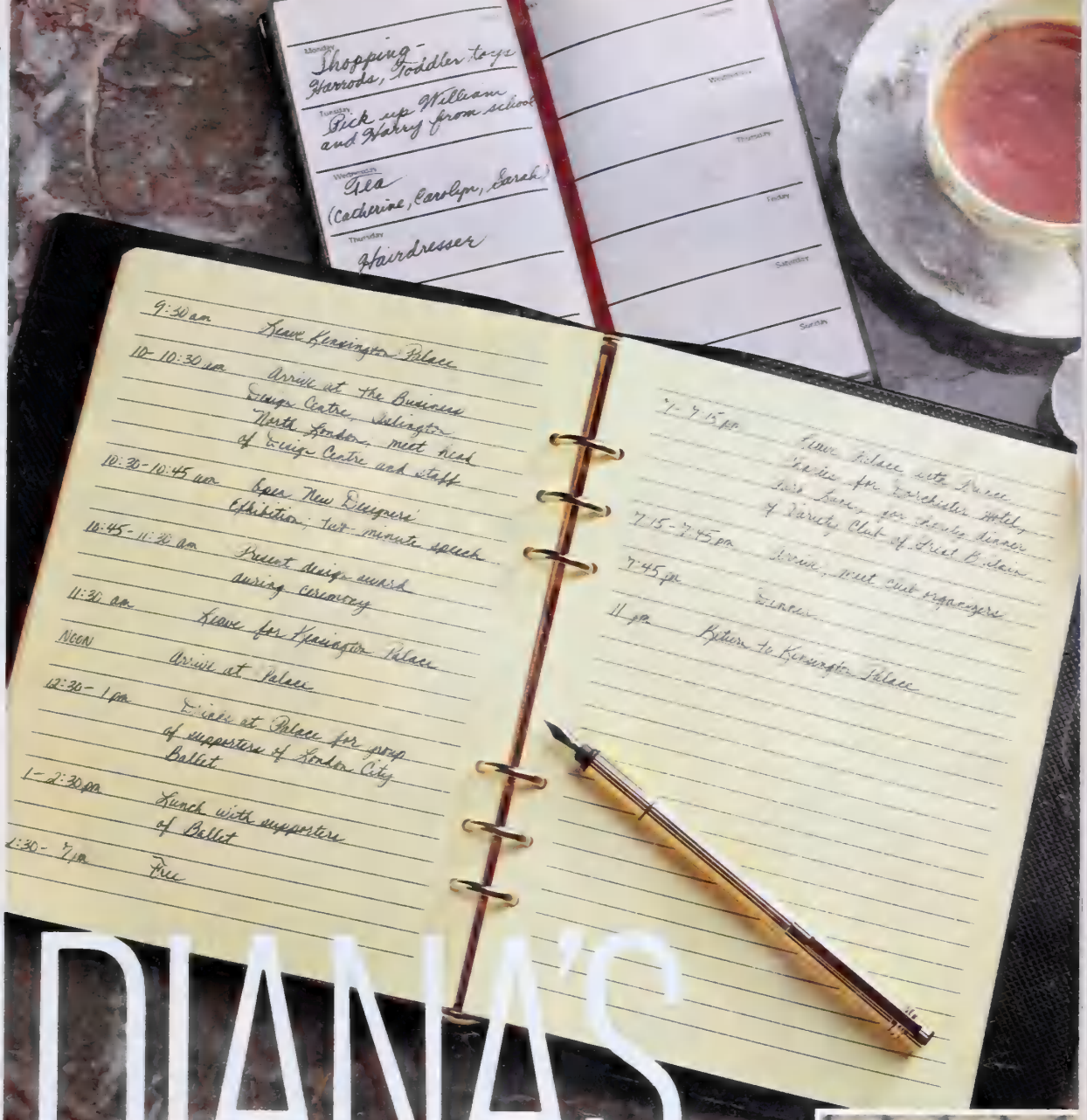
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when you use Palmolive.



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Ladies' Home Journal
August 1989



DIANA'S double life



Gone is the giggly young princess who didn't seem to know her proper place. These days, Diana is an articulate, poised queen-to-be—and an adoring mother who's apparently resigned herself to a less-than-perfect marriage. But is she really happy with the compromises she's made and the roles she has to play?

BY SUSIE PEARSON

All photo credits, page 161.

THE PUBLIC PRINCESS



Ask Diana what she most needs to make it through her day, and she'd probably reply immediately, "My diaries." There are two of these essential appointment books. The first, large and leather-bound, is used by her lady-in-waiting to record Diana's official duties. The second, slim and pocket-size, lists her private parties, luncheons and family affairs. Diana keeps it next to her bed in Kensington Palace—and no one, except the Princess herself, ever writes in it.







It's no surprise that Diana's schedule is so tightly compartmentalized, and that one of the world's best-known celebrities must lead two lives: that of public royal and private woman. But what *is* surprising is that in recent months the twenty-eight-year-old Princess seems finally to have found a certain measure of contentment—if not perfect





Diana's typical day can include a meeting with Michael Jackson—or a Middle Eastern potentate. But being a princess isn't all excitement. She must also stay dutifully at her husband's side throughout an endless round of official ceremonies, and sometimes the boredom shows (large photo)

sfaction—in both her roles.

ehind the scenes

in her private life, royal watchers , that Diana appears to have nged the most. No longer does dally with her sister-in-law, the :hess of York, or with Fergie's sterous sidekicks, who are fond flocking to trendy aurants in large, y groups. "Almost might," one veter- observer remarks, ana has dropped frantic Fergie set." stead, she prefers spend her time dlepointing or perfecting her ballet nique, sometimes in a rehearsal stu- of the English National Ballet. And closest companions these days are quiet, dependable women she's wn for years, old friends like Camilla ne; her ex-roommate, Carolyn Bar- omew; Charles's cousin, Lady Sarah strong-Jones; and Diana's older sis- Lady Jane Fellowes, to whom she has wn especially close. Most of them are es and *(continued on page 167)*





THE PRIVATE WOMAN



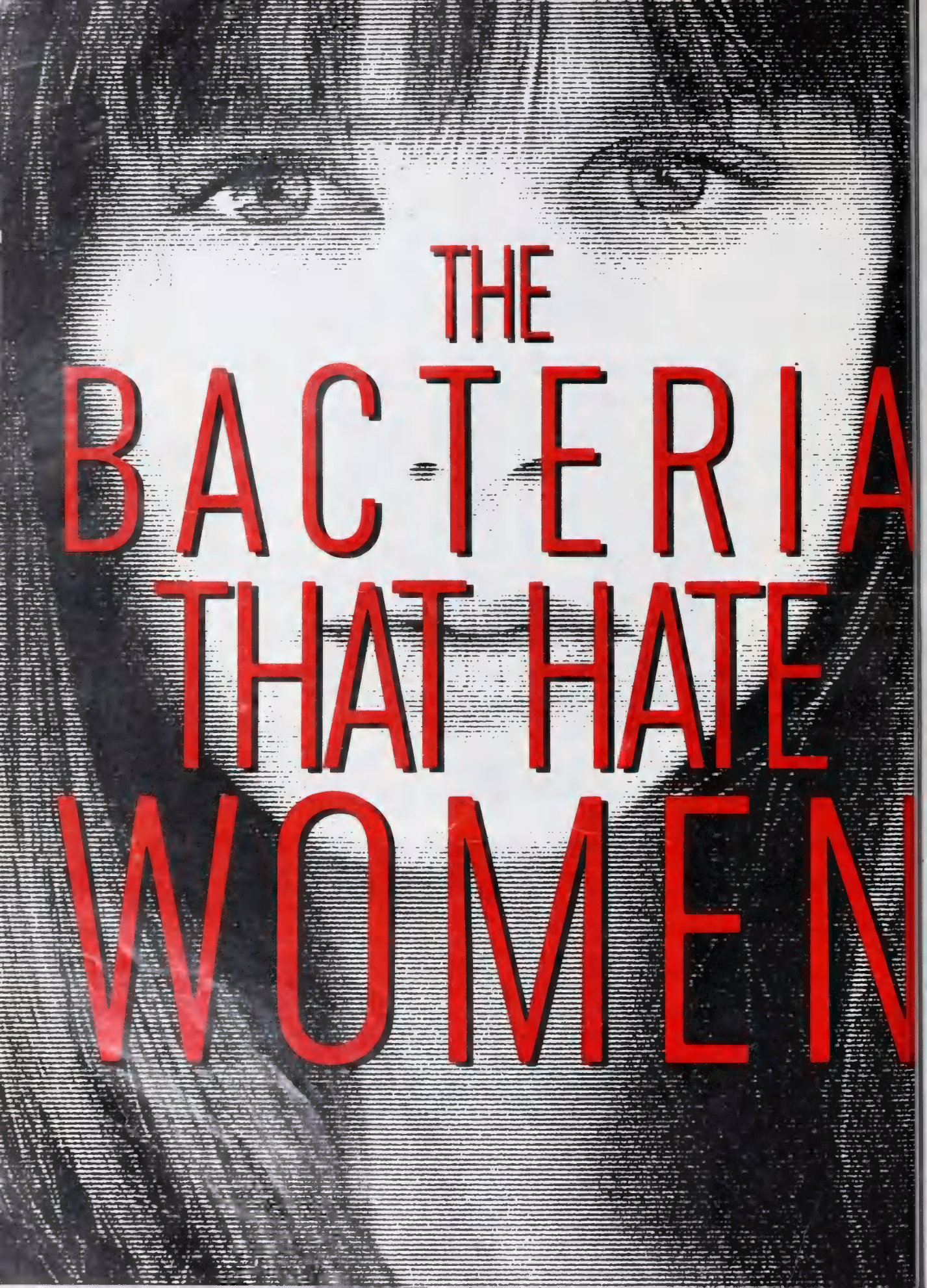








Even when she's not on duty, Diana is in the spotlight—playing tennis, strolling with her sons or frolicking with them on a tropical beach. And every little detail gets noticed; when the Princess wore a jaunty billed cap (center, top) to pick up William and Harry from school, the paparazzi went wild


THE
BACTERIA
THAT HATE
WOMEN

COULD A GROUP OF GERMS HIDING OUT IN YOUR BODY BE RESPONSIBLE FOR EVERYTHING FROM PREMENSTRUAL SYNDROME TO MISCARRIAGE AND INFERTILITY? SOME DOCTORS SAY YES. HERE, THE LATEST ON THIS NEW MEDICAL RESEARCH

By Melinda Beck

Eleanor tried for six long years to get pregnant. Doctors could not determine the cause of her infertility, and eventually, she and her husband adopted a Korean orphan. They were planning to adopt a second child when Eleanor went to her gynecologist for a routine checkup. Reviewing her records, he noted that years earlier, other doctors had discovered high levels of tiny bacteria called mycoplasma in Eleanor's and her husband's genital tracts. On a hunch, he put the couple on tetracycline, a powerful antibiotic, for two weeks. To her astonishment, Eleanor soon became pregnant and gave birth to a son of her own.

■ Suzy conceived the first month she tried, but six weeks into the pregnancy, a sonogram revealed that she was destined to miscarry. Her obstetrician told her it was just "bad luck." But ten weeks into her second pregnancy later that year, Suzy miscarried again. A new obstetrician discovered that her husband's sperm contained a bacteria called streptococcus viridans. He prescribed tetracycline, and last spring Suzy had a healthy baby boy.

■ Like Suzy, Pam had no trouble getting pregnant, but at the six-month point of her first pregnancy, she went into labor and the baby was born dead. Two years later, when she was again six months pregnant, her sac of waters burst, and she had to have an emergency caesarean. That baby, too, was born dead. A doctor who examined Pam shortly after the tragedy found that her uterus harbored two types of bacteria, chlamydia and enterococcus. He gave Pam and her husband tetracycline for several weeks, and, to her delight, about a year later she delivered a full-term daughter.

There is as yet no definitive proof, but provocative new research suggests that undetected bacteria may be responsible for many of the reproductive heartaches that women endure.

Experts have known for years that bacteria can be responsible for pelvic inflammatory disease (PID), a serious infection of the fallopian tubes that can cause sterility and dangerous ectopic pregnancies, in which the fertilized egg remains in the fallopian tube. Now a growing number of researchers think that bacteria may often cause infertility, miscarriage and premature labor as well. Bacteria have also been linked to secondary infertility, in which a woman has one child easily, then cannot conceive or carry a second baby to term. Even when a pregnancy does proceed normally, bacteria from the mother's uterus can infect the newborn, causing eye problems, pneumonia and other illnesses that can kill tiny babies months after they're born.

Nationwide, the incidence of reproductive problems at all stages is nothing short of alarming. One of every six American couples are infertile: that is, unable to conceive after over a year of trying. The annual rate of ectopic pregnancies has more than tripled in the U.S. since 1970, rising from 4.5 to 15 per 1,000 births. Almost one third of all early *(continued on page 163)*

Photo, Ross Whitaker; model, Felicity/L.A. Models.

I loved Lucy

One of Lucille Ball's Hollywood pals often spent afternoons at her house, playing backgammon and Bobby Darin records. Here he reminisces about one sunny day in April when they shared tears and laughter—browsing through her incredible scrapbook, telling tales of celebrated colleagues and her family. Little did they know this would be their last afternoon together



Lucy shares a laugh with the author last March at a benefit featuring her daughter, Lucie Arnaz

BY JIM BROCHU

I HAD MY FIRST ENCOUNTER WITH LUCILLE BALL IN 1960, WHEN I WAS thirteen and growing up in New York. I saw Lucy in a Broadway matinee of a play called *Wildcat* and hung around the empty theater after the show, hoping to catch a glimpse of her. When she happened to walk across the stage in a flowing dressing gown, I bounded down the aisle, thrust my program at her and asked for her autograph. "Sorry," she replied politely, "no autographs today." I was disappointed, but I adored her anyway.

Years later, my love for the theater led me to become a scriptwriter, and I moved to Los Angeles. Last year I wrote a comic play that was perfect for Lucy. I sent it to her, and she called to say it was the first thing that had made her laugh in two years. She wanted to meet me, but before we made plans, she suffered a mild heart attack. To cheer her up in the hospital, I wrote a limerick about backgammon, her favorite game. This, too, gave her a giggle, and when she was recuperating at home, she invited me over. I made her laugh some more, and so she asked me to come back the following day, and practically every day after that. When Lucy came into my life with such vibrant force, I rearranged my writing schedule to leave afternoons free for her . . . including the last afternoon. I'll never forget how it went . . .









Funny people (from left): Lucy with Desi and Vivian Vance on the show that made them famous; with Milton Berle in 1982; looking a lot like Chaplin

Photos, from left: Howard Frank Archives, Globe Photos, Globe Photos; bottom, Pictorial Parade.

April 17, 1989, was a Monday. Returning home from my morning errands, I found the deep, breathy voice of Lucille Ball on my answering machine. She sounded like an irate consumer calling the complaint department.

"Yes, I DO have a message and I AM leaving it at the sound of the beep. I think you should be up and out of bed. I've been up since five o'clock, and I think everyone should get up when I do. I've gone for my walk and I've made my bed and I've done the dishes, and now what am I going to do until you get here?" After a pause, she added: "This is Lucy!" As if I didn't know.

As I walked up her driveway a few hours later, I had no idea this beautiful afternoon in Beverly Hills would have special meaning. As usual, Lucy's longtime majordomo, Frank Gorey, let me in through the side door of the white, two-story Colonial house. It is sprawling yet homey, decorated to be lived in, not to impress.

The famous redhead was waiting for me in the living room, looking as strong and healthy as any seventy-seven-year-old woman could be. She had exercised in the morning. Her hair was done up, and she was bristling with energy. In fact, she looked radiant. She wore a dark-blue running suit and a small white scarf around her neck. (She had taken to wearing scarves or pearls after a thyroid operation in 1988. Although the surgery left an almost invisible scar, she was very self-conscious about it.)

Lucy looked up when I came in and said, "Come here, I want you to see this." She was holding a small, brittle old book, from a series of popular stories for young girls. "My grandmother gave me this," she told me. "I used to read it over and over when I was little. I've been looking for it for years, and it turned up in a drawer yesterday. Funny, eh?"

I asked her what the book was about, and she said very unsentimentally, "You know. Same old stuff. A little girl has a dream, goes on a big adventure and her dream comes true." She put the book down on top of the newly published Richard Burton diaries, which had upset her very much. In writing about his experiences as a guest star on the *Here's Lucy* show in 1971, Burton had raked Lucy over the coals. He even said, "I loathe Lucy."

I asked her whether they'd had problems, and Lucy recalled that Burton had been mumbling his lines during rehearsal. The director was too intimidated by the great actor to tell him, so Lucy pointed out to Burton that he would get more laughs if he spoke up. During the next rehearsal, Burton *screamed* his lines, which embarrassed and hurt Lucy. At the show's taping, however, Burton delivered his lines audibly, eliciting more laughs than expected. "I just don't understand why he would say those things about me," said Lucy, fighting back tears at the memory. "I thought he liked me. He even came back after that and did us a favor."

Jumping up from her chair, she changed the subject. "Let's play!" she chirped, referring to backgammon. As usual, we set the stakes high: twenty-five cents a point. Before starting our big tournament, we went to the kitchen for some diet lemonade, stopping to look at two huge leather-bound scrapbooks on the dining-room table. Lucy was about to begin her autobiography, and she was getting her mementos in order. One of the volumes was devoted to Lucy's beloved mother, DeDe (a nickname for Desiree). The other volume was inscribed "Lucy and Desi Take New York By Storm."

As we looked through the pictures, Lucy reminisced. "My mother came to the tapings of all my shows. She would bring her friends with her, and they'd make a night of it. You can still hear her laughing on the tapes. I think she missed the shows more than I did when I retired."

I couldn't help recalling a taping of a Lucy special that I attended in the late seventies, when the star had broken into tears. It was the first time she'd taped a show since her mother's death, and it hit her hard when she realized DeDe was not out front. That special was also the last time Vivian Vance and Lucy worked together before Vivian's death in 1979.



Little Ricky on the way in 1953

I remembered another instance. One day I'd brought a friend with me to visit Lucy, and we watched an episode of *I Love Lucy* together. The redhead knew I was a Lucy freak—a fan who knows every line of every *I Love Lucy* episode verbatim—but she wasn't sure about my friend. "Are you a Lucy freak, too?" she inquired. My friend sheepishly admitted he was not. "That's all right," she said matter-of-factly. "Neither am I."

Lucy put down the books, and we continued into the kitchen. As she took the pitcher of lemonade from the refrigerator, she asked, "Did I ever tell you about the time my kids opened a lemonade stand outside?"

"No," I replied, "but you're going to." *(continued)*

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Memories (from left): Lucy with her kids and her mom; with her second husband, Gary Morton; the famous grape-stomping episode

Photos, from left: Globe Photos, Bob V. Noble/Globe Photos, Howard Frank Archives.

(continued) Lucy said that during the late fifties, Little Lucie and Desi, Jr., cleaned up on the tourists in Beverly Hills. But she soon discovered how the kids really made their fortune when she wasn't home—by selling dollar tours of the house!

Laughing, we walked to the backgammon table. Lucy's secretary had left a large manila folder on top of the game board to await Lucy's attention. "I hate paperwork," she grunted as she opened the folder, glancing at the itinerary of a short trip that would take her to Jamestown, New York, her hometown, to receive an honorary degree of fine arts from Jamestown Community College. She was also supposed to go to Buffalo, where she would receive the first annual Lucy Award from a local performing-arts group. She tossed the papers aside, commenting that she would get to them tomorrow.

"I want Bobby!" she said next. I put on her favorite album, *Bobby Darin Live at the Copa.* She knew every lyric and often sang aloud in her low, gravelly voice, sounding more like Louis Armstrong than Lucy.

As we began our backgammon contest, Lucy threw the dice with gusto and made her moves quickly. "Desi was a high roller," she recalled, "but for some reason, he wasn't satisfied until he lost . . . " I knew that Desi was heavy on her mind because of the newly reopened scrapbooks.

Soon, Frank Gorey brought in a bouquet of flowers that had been sent by a fan, a minister in North Carolina. There was a note thanking Lucy for all the hours of happiness she had given the world. On the bottom of the note was a phone number. Lucy promptly picked up the phone and dialed the number to thank the man personally. That's the way she was. The minister was not at home, but Lucy spoke to his astounded wife, thanking her and talking with her as though to an old friend. As she hung up the phone, she chuckled, saying, "I wonder what she thinks about her husband sending flowers to another woman."

After we played a few more games, Lucy's mood changed. She picked up the phone again, this time to call Sophie Rosenthal, Milton Berle's mother-in-law. Ruth, Milton's wife, was recovering from cancer surgery at Cedars-Sinai Medical Center. Lucy sat there with tears rolling down her face as Sophie told her that Ruth's prospects weren't good. (Ruth Berle died the next day, only a few feet away from where Lucy would later undergo surgery.)

After the call, Lucy left the room to wash her face. I browsed some more through one of the scrapbooks. As I turned a page, a small card fell out of the book. It read, "Darling, I'm so sorry about last night. Love, Desi."

I put the card back and closed the book, wondering what it was that Desi had been sorry about.

Lucy returned, subdued but trying to recapture her good spirits. She had a picture in her hand and held it out to me. "Do you have this one?" she asked. It was a publicity photo of Lucy circa 1940, a real glamour pose: hair piled atop her head and a white fur draped over one shoulder. She signed it, put it in a manila envelope and said, "Pick it up on your way out."

After a while, Lucy's husband, producer Gary Morton, walked in. Lucy jumped up and threw her arms around him. They had recently celebrated twenty-eight years of marriage, and it was obvious that Lucy adored him. Gary could make Lucy laugh as no one else could. He began lip-synching to Bobby Darin singing "Mack the Knife." Lucy howled as Gary threw in an unexpected bump. Then Gary danced out of the room, and Lucy and I returned to backgammon.

After our last round at four-thirty, I paid my debt: a dollar seventy-five. She walked me through the living room and said, "Don't forget your picture. Will I see you tomorrow?"

"You sure will," I replied. "Same time, same station."

She handed the picture to me, and I started down the hallway. "Drive safely," she shouted. She told everyone to drive safely.

I turned and looked at her framed in the doorway. The light was behind her, giving a flame glow to her orange-red hair. She looked beautiful. I don't know what made me walk back to her and hold her for a moment, but I did. I kissed her on the cheek and noticed how clear and porcelain her skin was, like a young girl's. Once again I headed toward the door. In a twangy voice, she called, "Good-bye, baby!" This was our pet sign-off, taken from a favorite sketch she'd done with Carol Burnett in 1964.



Lucy's last autograph

I shouted back, "Good-bye, baby!" and blew her a kiss. It had been nearly thirty years since Lucy had turned me down for an autograph after the *Wildcat* matinee. As I closed the door behind me, I couldn't have known I was holding the last autograph Lucille Ball would ever sign. ■


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SUPER HAIR

Have you ever been mistaken for a movie star? We found five women from coast to coast who often are. In fact, they bear a resemblance to some of the most famous faces in Hollywood —except for their hair. So we asked celebrity hair colorist and Clairol consultant Louis Licari (whose clients include the stars on these pages) to turn our look-alikes into dead ringers at his NYC salon. His expert tips can give you big-screen style, too! By Lois Joy Johnson, Beauty and Fashion Editor

Glamour-girl Raquel Welch has a near twin from Farmington Hills, Michigan! The resemblance between Diana Craig and Raquel is remarkable, especially after Louis treated Diana's tresses to a dose of Raquel's stunning auburn hair color. It was a snap for Louis to give Diana's do celeb status because he knows Raquel's hair so well. "Of all my celebrity clients Raquel is the handiest with her hair," says Louis. "She has fine hair and often styles it herself. She understands how warm auburn gives a gorgeous radiance to her skin." If Raquel's rich hair color is for you, we recommend Clairol's Loving Care Color Mousse Auburn #80, a semipermanent tint that adds body and shine to fine hair.



Hair, Stephane Lempire; hair color, Louis Licari for Louis Licari Color Group, NYC; makeup, Rex; jacket, Liz Claiborne; tank, Kenzo; hoops, Common Ground, NYC.


STAR



Sultry actress Kim Basinger has the kind of long, sexy, cascading curls we all wish we were born with. Well, we found a knockout who *was* born with the same fabulous, to-die-for tresses (and nearly the same face!) as Kim—New Yorker Ann Kirsten Klendshoj. Louis highlighted Ann's rippling blond masses to match Kim's. What does Louis have to say about his sizzling client? "Kim often has to portray the most beautiful girl in the world—which she probably is. All she needs me to do is add highlights to play up her natural beauty. I vary the highlights all over—a few strands here, wider sections there—to mimic the sun." You can get the same ravishing results at home with Clairol's Quiet Touch Hairpainting in Blonde. This conditioning formula needs reapplication every two to three months—use it to accent waves, or paint the hair around your face to instantly brighten your complexion.



Legendary screen siren Faye Dunaway is as stunning and sophisticated as ever, truly the epitome of cool elegance. Could there ever be another Faye? No way, we thought, so imagine our surprise when we spotted Faye's body double, Judith Geder, in New York City. Faye's crowning glory creates her unique style, and now, with Louis's expert help, Judith's hair wins rave reviews, too. How does Louis feel about Faye? "She's one of my favorites. What a glamorous blond!" says Louis. "When she comes to the salon, I give her hair a pale, creamy shimmer to enhance her striking porcelain complexion." If you've always wanted your hair to cause a sensation, become a pale blond and really make 'em stop and stare. We recommend Nice 'n Easy Warm Pale Blonde #101A by Clairol. This rich conditioning formula is simple to apply and long-lasting—keep up just once a month.

Opposite page: Green jacket, Anne Klein II; blue sweater, Benetton; green gloves, La Crasia. This page: Cream cashmere sweater, Lyle & Scott; black jacket with cream collar, Sylvia Heisel; pearls, J. Bernard. All photo credits, page 161



Looking for laid-back fashion with flair? Here, a host of witty ways to shake up your hot-weather wardrobe

Beat the heat

Don't let rising temps ruin a put-together look. Try our five no-fail strategies: **1**. Count on lightweight fabrics that hold their shape, like cotton, cotton/linen blends and gabardine **2**. Opt for airy pales or white when wearing layers (suits and three-piece looks) **3**. Tailored trousers in a soft, pleated style are surprisingly cooler than a body-tapered skirt with hose **4**. Wear a jacket that doesn't require a blouse, or slide on a light, silky tank instead of a long-sleeved, high-neck shirt **5**. Stay wrinkle-free with fabric blends that contain a generous proportion of natural fibers for comfort and coolness, a bit of synthetic for wrinkle resistance

MID-

Great updates

Charge up your closet on the cheap with these ten trends: a gold-link *CHAIN BELT* in single, double or triple strands

All photos, Bico Stupakoff; hair and makeup this page, Alfonso Noe for Cloutier; hair and makeup for other photos, Deborah Howell for Cloutier. Details, page 161.

SUMMER STYLE

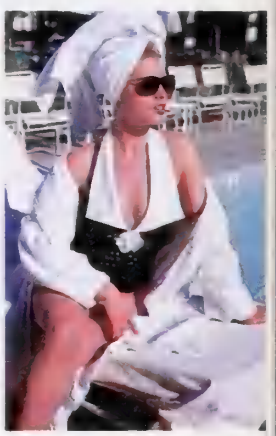
adds chic to tailored skirts, suits and trousers . . . Don a small dose of anything *ORANGE—the* shade of the summer. Try a flashy tangerine tee, bandanna, socks, even nail polish . . . Take a walk on the wild west side by pairing black cropped *COWBOY SHOE-BOOTS* with jeans and slim pants . . . More foot notes? *METALLIC* ballerina flats, shiny or matte; strappy *LEATHER THONGS* in brights, natural or black to slip on with long skirts and tailored trousers; and comfy cotton *ESPADRILLES* in every color . . . The news in necklaces is long black cords bedecked with *CHARMS* or big silver crosses—they adorn everything from T-shirts to silk blouses . . . Your best investment is a man-style *VEST* in antique-looking brocade, floral chintz or pinstripes—very tony teamed with jeans, cropped pants and walking shorts. . . *ETHNIC* hoop earrings are the jewels to sport right now—slivers of silver or gold studded with beads look super with a ponytail or wet, sleeked-back hair . . . You simply can't go wrong with a fringed *OVERSIZE SCARF*—shape it into a sexy sarong skirt, or fling it over your shoulders on a cool evening.





Best sale buys

Right now is a smart time to shop—retailers are slashing summer prices to make room for fall merchandise. **Designer styles** in department stores are 40 to 70 percent off. Look for a great jacket or handbag to update basics in a pick-me-up color like red. Check out preseason sales, too. **Neutral basics** you know you'll wear next year—such as great T-shirts, walking shorts and standout accessories—are marked down drastically at specialty stores. **Snap up swimsuits** to wear now and next year . . . Something navy (the new black), such as pleated trousers, a slim skirt or a blazer in year-round fabrics like gabardine, jersey and crepe . . . Big white shirts are wardrobe essentials. Look for a man's-style oxford or a notch-collared version with lace, embroidery or French cuffs . . . Pick up cropped cotton sweaters—cabled cardigans and pullovers



Opposite page: Model, Caroline Hepburn of East/West; pullover, Land's End; shorts, the Limited. This page, model, Beth Rupert of Click; sandals, 9 West; T-shirt, J. Crew; swimsuit, Randolph Duke.



Caring for summer clothes

It's the season for light-colored clothing, which unfortunately shows stains instantly. Well, you don't have to invest a fortune at the dry cleaner to keep clothes spotless. Here, an expert guide. ● If your washable summer whites have yellowed, try these steps from the International Fabricare Institute: **1.** Choose the hottest water temperature the fabric will stand. **2.** Add one to two cups of water conditioner. **3.** Add detergent. **4.** Add clothing; run through a complete wash and rinse cycle. ● Antiperspirant buildup can cause unsightly stains. For cotton, linen, acrylic and nylon: **1.** Soak in cool water with a tablespoon of ammonia and some liquid detergent. **2.** Rinse with cool water and wash as usual. For silk, rayon and other synthetics: Same procedure as above but don't use ammonia. If stain is stubborn, use fixer, a spot remover containing perchloroethylene (such as K2R). Apply directly to stain. Wash or dry clean according to label. ● Makeup around the collar? For all fabrics: **1.** Apply fixer; keep moist until spot disappears. **2.** Sponge with cool water and wash or dry clean according to label. ● Got oily lotion or sunscreen on clothing? Treat all fabrics the same way you would clean a makeup stain. If the stain is very oily, blot with paper towel and apply fixer. Wash or dry clean according to label.

MID-SUMMER STYLE



Model, Melena Martz of Elite. Left: tunic and skirt, Malave Lower East. Above: suit, Kenar.


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SUMMERY ROTINI



Select Deli Salad

- ½ of (1-pound) package Creamette® Rainbow Rotini, uncooked
- 1 (9-ounce) package frozen artichoke hearts, cooked and drained
- 1 (5-ounce) pepperoni stick, sliced
- 1 cup sliced fresh cauliflowerets
- 1 cup small fresh broccoli flowerets
- 1 cup diced Monterey Ja cheese
- ½ cup sliced green onio
- ¾ cup vegetable or olive oil
- ¼ cup red wine vine
- ½ teaspoon Italian seasoning (optio

Prepare Creamette® Rainbow Rotini according to package directions; drain. In large bowl, comb rotini and remaining ingredients; toss to mix. Cr chill thoroughly. Toss gently before serving. Refrigerate leftovers. 6 to 8 servings. © 1988 The Cre



Doesn't Your Recipe Deserve Creamett

Beach parties, family outings, backyard bashes for friends—a memorable, carefree month of good food and good fun

FOOD JOURNAL



LADIES' HOME JOURNAL TRIPLE-TESTED RECIPES

While you've been basking in the glow of glorious, kick-your-shoes-off days, we've been busy creating a collection of wonderful warm-weather recipes. So if you're tired of the same old outdoor fare, cool MEDITERRANEAN-STYLE cooking is the ticket to zesty, easy-does-it dinners . . . For family fun, nothing beats AMERICAN CLASSICS, a cookbook full of hamburger and hot-dog ideas . . . The season's ripe for THE FRUITS OF SUMMER, especially in our perfect desserts . . . Oh, the good life—don't you hope summer never ends?

August







Kikkoman adds personality to your meals.



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K ! K K O M A

the hamburger and hot-dog cookbook

AMERICAN CLASSICS

Enjoy the dog days of summer with a slew of super thirty-minute recipes for the best-loved backyard fare



THE PERFECT BURGER

Use ground beef labeled "80% lean"; ⅓ pound makes the best size burger. Handling meat as little as possible helps to ensure moist burgers. For 1-inch-thick patties, grill 4 to 5 minutes for medium-rare. Season before grilling.

CALIFORNIA BURGER

Prepare grill. Shape 1 pound ground beef into three 1-inch-thick patties. Sprinkle both sides generously with salt and pepper. Grill 4 to 5 minutes. Turn and top each patty with 1-ounce slice of goat cheese and ½ teaspoon thyme; grill 4 to 5 minutes more for medium-rare.

Meanwhile, cut 3 crusty rolls in half and grill cut sides down until golden, about 1 minute. Divide 1 bunch arugula among bottom halves of rolls, top with burgers and drizzle each *(continued)*

otos, Thom DeSanto; prop stylist, Debrah Donahue; food stylist, Helen Taylor Jones.



CILANTRO Combine 3 Tb. mayonnaise, 2 Tb. chopped cilantro, 1 tsp. lime juice, ¼ tsp. pepper, 2 dashes red pepper sauce, pinch cumin and salt to taste. Stir until blended. Makes ¼ cup.



GARLIC Combine 3 Tb. mayonnaise, 2 tsp. minced garlic, ½ tsp. lemon juice, pinch ground red pepper and freshly ground pepper to taste. Stir until blended. Makes ¼ cup.



***LHJ* SPECIAL SAUCE** Mix ½ cup mayonnaise, 2 Tb. ketchup, 1 tsp. minced shallots, ½ tsp. drained horseradish, ¼ tsp. Worcestershire sauce, and pepper to taste. Makes ½ cup.



PESTO Chop ½ cup basil leaves and 2 Tb. pine nuts until fine. Add 3 Tb. mayonnaise, 2 tsp. lemon juice, ½ tsp. minced garlic and salt to taste. Stir until blended. Makes ½ cup.

(continued) with ½ teaspoon olive oil. Cover with tops of rolls.

Nutrition info per burger: 580 calories, 38 gm protein, 32 gm fat, 33 gm carbohydrates, 593 mg sodium, 121 mg cholesterol.

PROVENCAL BURGER

Prepare grill. Cut 1 red pepper into thirds and grill until tender, about 15 minutes, turning once. Shape 1 pound ground beef into three 1-inch-thick patties. Sprinkle both sides generously with salt and pepper. Grill 4 to 5 minutes per side for medium-rare.

Grill 3 slices 1-inch-thick French bread until golden, about 1 to 2 minutes per side.

Meanwhile, in a small bowl combine 3 tablespoons mayonnaise, 2 tablespoons chopped Greek or Nicoise olives, 1 tablespoon chopped fresh parsley, 1 teaspoon capers in brine, ¼ teaspoon minced garlic and a pinch thyme; stir until blended.

Place burgers on grilled bread; spread mayonnaise mixture on each sandwich and top with grilled pepper.

Nutrition info per burger: 520 calories, 30 gm protein, 34 gm fat, 22 gm carbohydrates, 587 mg sodium, 103 mg cholesterol.

BLOODY MARY BURGER

Prepare grill. In a small bowl combine 3 tablespoons mayonnaise, 1 tablespoon *each* ketchup and horseradish, and 1 teaspoon vodka if desired and ⅛ teaspoon red pepper sauce; stir until blended. Shape 1 pound ground beef into three 1-inch-thick patties. Brush both sides of each patty with 1 teaspoon Worcestershire sauce. Combine 1½ teaspoons crushed black peppercorns and ½ teaspoon celery salt in bowl; press evenly onto both sides of patties. Grill 4 to 5 minutes per side for medium-rare.

Meanwhile, cut 3 hamburger rolls in half and grill cut sides down until golden, about 1 minute. Place burgers on rolls, spoon mayonnaise mixture on each and top with ½-inch slice tomato. Serve each with a leafy celery rib.



Nutrition info per burger: 535 calories, 31 gm protein, 33 gm fat, 27 gm carbohydrates, 746 mg sodium, 104 mg cholesterol.

CHILI BURGER

Prepare grill. Combine ½ teaspoon *each* salt and chili powder, and ¼ teaspoon freshly ground pepper in small bowl. Shape 1 pound ground beef into three 1-inch-thick patties. Press spice mix evenly on both sides of patties. Grill 4 to 5 minutes per side for medium-rare.

Meanwhile, cut 3 kaiser rolls in half and grill cut sides down until golden, about 1 minute. Spread bottom halves with 1 tablespoon Green Chili Mayonnaise (recipe follows). Top each with burgers, then 1 leaf romaine or iceberg lettuce, 1 green chili (whole, drained and patted dry), 1 thin slice red onion and 3 or 4 avocado slices.

Nutrition info per burger: 515 calories, 33 gm protein, 27 gm fat, 36 gm carbohydrates, 998 mg sodium, 95 mg cholesterol.

GREEN CHILI MAYONNAISE

Process 3 tablespoons mayonnaise, 2 tablespoons drained chopped green chilies, patted dry, 1 tablespoon chopped green onion and salt to taste in food processor or blender until smooth. Makes ⅓ cup.

Nutrition info per tablespoon: 60 calories, 0 gm protein, 7 gm fat, 0 gm carbohydrates, 68 mg sodium, 5 mg cholesterol.



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RED ONION RELISH Cook 2 cups minced red onions, ¼ cup fresh lime juice, 4 tsp. sugar, 1 Tb. minced jalapeño chili, ⅛ tsp. chili powder, pinch cumin and salt and pepper in pan over medium heat until onions are translucent, 5 minutes. Stir in 3 Tb. chopped cilantro. Makes 1½ cups.



NEW YORK RELISH Heat 1 tsp. oil in skillet; add 2 cups diced onions and cook 15 minutes. Reduce heat and add 2 Tb. *each* ketchup and cider vinegar, 1 tsp. sugar, ½ tsp. salt and dash turmeric. Cook, stirring, 15 minutes more. Makes 1 cup.



RED PEPPER RELISH Cover 2 cups chopped red peppers and ⅔ cup chopped onion with boiling water; let stand 5 minutes. Drain. Cook with ½ cup balsamic vinegar, ¼ cup sugar, 1 tsp. minced garlic, ½ tsp. salt and ½ tsp. red pepper flakes 20 minutes. Makes 1¼ cups.



SPICY BARBECUE BUTTER Combine ½ cup butter or margarine, softened, 1 Tb. chili powder, 1 Tb. chili sauce, 1 Tb. spicy brown mustard, and ½ tsp. minced garlic in small bowl; stir until well blended and smooth. Makes ½ cup.

BACON-KRAUT FRANKS

Prepare grill. Cook 6 slices bacon in large skillet until crisp; drain on paper towels and crumble. Pour off all but 1 tablespoon drippings from skillet. Add 1 large onion, sliced, and ½ teaspoon caraway seeds; cook over medium-low heat, stirring occasionally, until golden, about 15 minutes. Stir in 1 bag (1 lb.) sauerkraut, rinsed and drained; and ½ cup beer; simmer 5 minutes. Stir in bacon.



Meanwhile, grill 6 frankfurters, turning occasionally, until browned, about 5 minutes. Grill 6 frankfurter rolls cut sides down until golden, about 1 minute.

Place each frank in roll and top with sauerkraut mixture. Serve with mustard. Makes 6 servings.

Nutrition info per serving: 380 calories, 12 gm protein, 24 gm fat, 28 gm carbohydrates, 1,484 mg sodium, 38 mg cholesterol.

CHILI-CHEESE DOGS

Prepare grill. Heat 2 teaspoons vegetable oil in medium skillet over medium heat. Add ½ cup chopped onion and 1 teaspoon minced garlic and cook, stirring occasionally, until translucent, about 5 minutes. Stir in 2 tablespoons chili powder and ½ teaspoon ground cumin; cook, stirring, 1 minute. Add ½ pound ground beef and cook, stirring to break up meat, until no longer pink, about 5 minutes. Stir in ½ cup chili sauce and cook, stirring occasionally, 3 minutes more.

Slit 4 franks three-quarters through and open like a book. Grill cut sides down until browned, about 3 minutes. Turn and fill slits equally with a total of ¼ pound sliced Cheddar cheese. Grill just until cheese begins to melt, about 2 minutes. Meanwhile, grill 4 rolls cut sides down until golden, about 1 minute.

Place franks in rolls and spoon chili mixture on top. Sprinkle on 2 green onions, sliced. Makes 4 servings.

Nutrition info per serving: 645 calories, 29 gm protein, 43 gm fat, 36 gm carbohydrates, 1,548 mg sodium, 103 mg cholesterol.

HOMEMADE KETCHUP

Simmer 4 pounds ripe tomatoes, coarsely chopped, 1 medium onion, chopped, 1 cup chopped red pepper, ½ cup chopped celery and 1 teaspoon minced garlic in non-aluminum Dutch oven over medium-high heat, stirring occasionally, until soft, about 15 minutes.

Meanwhile, combine ½ teaspoon *each* whole cloves, peppercorns, allspice, celery seed and dry mustard. Tie in a cheesecloth bag and set aside. Transfer tomato mixture in 2 batches to food processor and process until smooth. Strain through fine sieve into Dutch oven. Bring to boil. Reduce heat to medium-high and add ¼ cup firmly packed dark brown sugar and a 2-inch piece cinnamon stick and the spice bag. Boil gently uncovered until reduced to 3 cups, 25 minutes. Add ½ cup cider vinegar, ½ teaspoon salt and large pinch ground red pepper; reduce heat to low and simmer, stirring frequently, until thickened, about 45 minutes. Cool completely. Store in covered jar in refrigerator. Makes 2¼ cups.

Nutrition info per tablespoon: 20 calories, 0 gm protein, 0 gm fat, 4 gm carbohydrates, 37 mg sodium, 0 mg cholesterol. ■

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She uses Hunt's.



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ERICAN COOKS

This is her Hunt's Spaghetti Romano.

Vera was raised on a farm. So she grew up with good home cooking. Now that she works and has a family, Hunt's Spaghetti Sauce has become a family tradition. Not surprising. Folks have been cooking with the goodness of Hunt's for 100 years. Now, it's just easier. And with Vera's touch, it's never been better.

Vera's Spaghetti Romano

½ cup water
6 slices Italian bread, torn into small pieces
1 lb. ground beef
½ lb. ground pork
½ cup each: chopped onions and grated fresh Romano cheese
2 eggs, slightly beaten
2 teasp. Wesson Oil
½ teasp. minced garlic
2 (27 ½-oz.) cans Hunt's Spaghetti Sauce, Traditional
Hot cooked spaghetti

In small bowl, pour water over bread; let soak 5 minutes. In large bowl, mix soaked bread with remaining ingredients except spaghetti sauce and spaghetti. Shape into 16 over-size meatballs. Place meatballs in 13x9x2-inch baking dish. Bake, uncovered, at 350°F for 30 minutes; drain. Pour spaghetti sauce over drained meatballs and bake 20 minutes longer. Serve over hot cooked spaghetti. Makes 8 servings.



IT HAD TO BE HUNT'S.



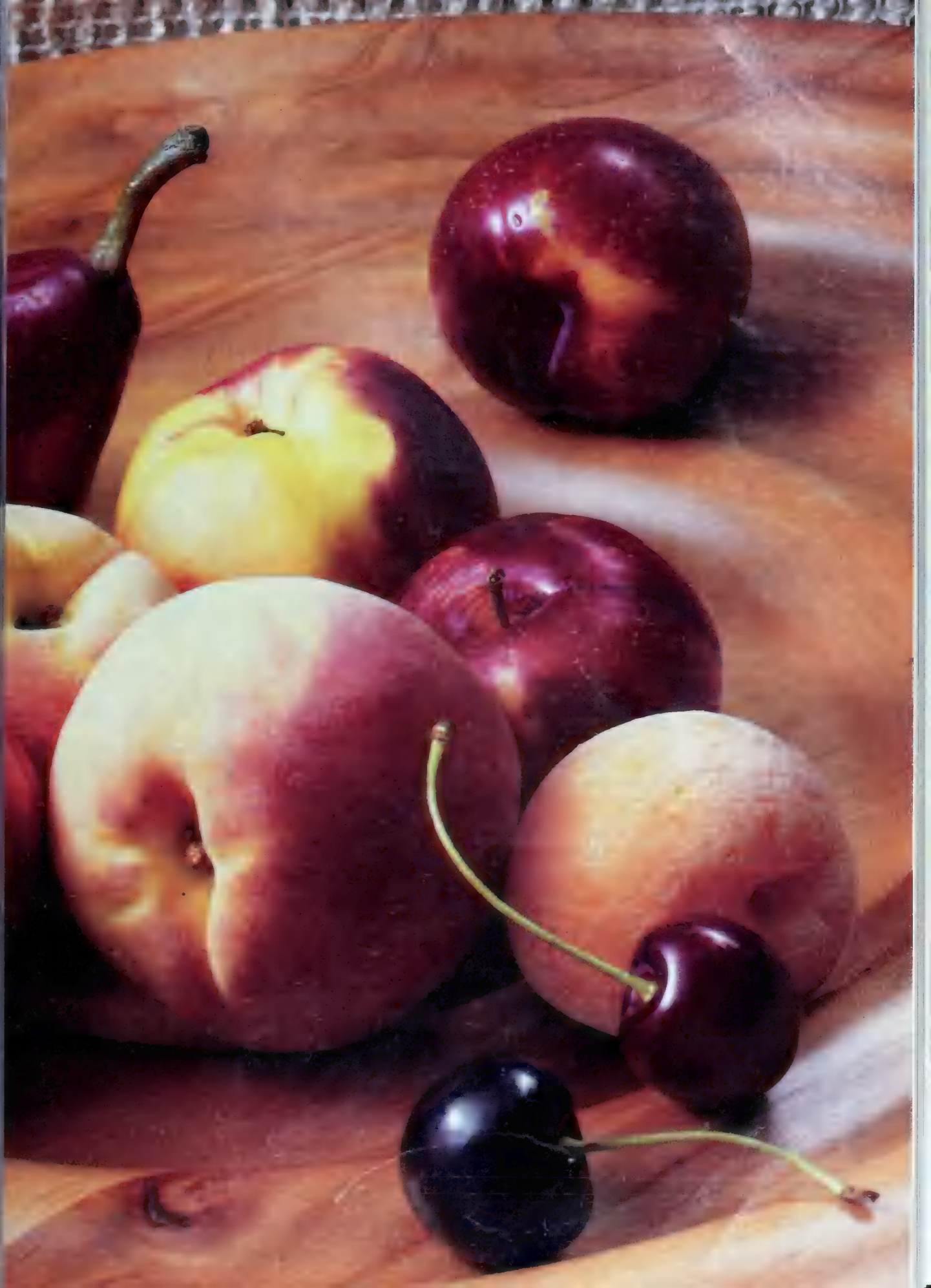




the FRUITS of summer



How sweet it is! This season's sun-ripened treasures are simply bursting from orchards across the country. Want to make the most of nature's bounty of tree-fruit treats? Take your pick of our cream-of-the-crop desserts



FRUITS OF SUMMER
continued

Easy · Moderate · Challenging · Microwave

CHERRY ICE CREAM



We discovered this superb ice cream at Aurora, a trendy New York restaurant, last year at the peak of cherry season.

Prep time: 30 minutes plus chilling and freezing

- 2 pounds sweet dark cherries, pitted
- 2 cups water
- 1½ cups sugar, divided
- 1 lemon, sliced
- 1 cup heavy or whipping cream
- 1 cup milk
- 5 large egg yolks

Combine cherries, water, 1 cup sugar and the lemon in large saucepan; bring to boil over high heat. Reduce heat and simmer 20 minutes. Remove lemon. Puree in batches in blender. Chill.

Meanwhile, heat cream and milk in saucepan until small bubbles form around edge. Whisk yolks and remaining ½ cup sugar in bowl until blended. Whisk in one third of the heated cream mixture, then whisk back into remaining cream mixture. Cook, stirring, until mixture coats back of spoon. Remove from heat; strain. Chill.

Stir 3 cups chilled cherry puree into chilled custard. Transfer to ice-cream maker and freeze according to manufacturer's directions. Serve with remaining puree. Makes 8 servings.

Nutrition info per serving: With ⅓ cup cherry puree, 375 calories, 5 gm protein, 16 gm fat, 57 gm carbohydrates, 30 mg sodium, 210 mg cholesterol.

APRICOT MASCARPONE TARTS



Mascarpone, a rich Italian-style cream cheese, blends nicely with apricots.

Prep time: 20 minutes
Baking time: 6 to 8 minutes

- 4 sheets phyllo dough
- 1 tablespoon butter or margarine, melted
- 3 whole apricots
- 3 tablespoons plus 1 teaspoon sugar
- ½ cup mascarpone cheese (or one 3-ounce package cream cheese mixed with 2 tablespoons sour cream)
- 2 teaspoons fresh lemon juice
- Pinch salt
- 2 tablespoons almonds, toasted

Preheat oven to 375°F. Brush each phyllo sheet with butter and stack. Cut phyllo lengthwise in half, then crosswise into thirds, making 6 squares. Line every other cup of 12-cup muffin pan with phyllo. Bake until golden brown, 6 to 8 minutes. Gently remove from pan and cool.

Cut 2 apricots into ¼-inch slices, toss with 2 tablespoons sugar and let stand 30 minutes. Dice remaining apricot and combine with mascarpone, remaining sugar, and the lemon juice and salt.

To serve, fill each shell with fruit and 1 tablespoon mascarpone. Sprinkle with nuts. Makes 6 tarts.

Nutrition info per serving: 170 calories, 3 gm protein, 9 gm fat, 19 gm carbohydrates, 142 mg sodium, 23 mg cholesterol.

PEAR CHARLOTTE



Take those very ripe, flavorful pears that are a bit bruised and puree them. Voilà—this beautiful dessert!

Prep time: 30 minutes plus chilling

- 1 package (3 oz.) ladyfingers
- 2 envelopes plus 1 teaspoon unflavored gelatin
- ½ cup water
- 1 cup milk
- 4 large eggs, separated
- ¾ cup sugar, divided
- 4 cups very ripe peeled, diced pears
- 1 tablespoon fresh lemon juice
- 3 tablespoons pear brandy
- 1 cup heavy or whipping cream

Strawberry Sauce

- 1 pint strawberries, hulled
- 3 tablespoons sugar
- 1 tablespoon fresh lemon juice

Line sides of 9½-inch springform pan with ladyfingers; set aside.

Sprinkle gelatin over water in cup and let stand 5 minutes to soften.

Heat milk to boiling *(continued)*

Country Pride® Chicken "Pride in your Country" Sweepstakes Official Rules

No Purchase Necessary

1. To enter, hand-print your name, address (with zip code) and the Freshness Guarantee Number from any Country Pride® Chicken package on the official entry form or use a 3"x 5" piece of paper. Or, in place of the Freshness No., include another 3"x 5" paper with the hand-printed words: Great Tasting Chicken is America's Country Pride. Mail to "Pride In Your Country" Sweepstakes, P.O. Box 1236, Skokie, IL 60076-8236. Enter as often as you wish but mail each entry separately.
2. Sweepstakes start 7/1/89; end 10/1/89. Entries must be received by 10/1/89. ConAgra Broiler Company not responsible for lost/late mail. Winners drawn at random on 10/18/89 by an independent judging firm, whose decisions are final. Number of entries received determines winning odds. Winners notified by mail by 10/30/89. Any prize returned as undeliverable will be awarded to an alternate winner.
3. Prizes: 3 Grand: Winners' choice of trip for two anywhere in USA plus $2,000 cash. (Trip includes coach or special fare round trip airfare between airport nearest winner's hometown and destination, double room hotel accommodations for one week, round trip transportation between airport and hotel).
   Total prize value: not to exceed $5,000 each. 9 First: JVC® Camcorders, value $1,600 each. 30 Second: Minolta® Maxxum Cameras, value $537 each. 60 Third: American Tourister® 3 piece Luggage Sets, value $380 each. 1002 Fourth: Country Pride® Tote Bags, value $15 each. Total prize value: $83,340. All prizes will be awarded. Prizes will be divided into 3 equal sets. One set will be awarded to entries received in each of three of the following groups. Group I: States of PA, MD, DE, NJ, NY, CT, MA, RI, VT, NH, ME and Washington DC. Group II: OH, WV, VA, NC, SC, GA, FL, AL, TN, KY, IN, IL, IA, MN, WI, MI. Group III: MS, AR, MO, NE, SD, ND, MT, WY, CO, KS, OK, LA, TX, NM, AZ, UT, ID, WA, OR, NV, CA, AK, HI.
   Entry address determines region of drawing. Limit one prize per family. If prize is not generally available at Sweepstakes end, another prize of equal or greater value will be substituted at ConAgra's choice; otherwise, no prize transfers or substitutions. Trips must be taken by November 15, 1990. Travel arrangements are ConAgra's choice. Winners must accept prizes by 1/9/90. Failure forfeits prize to alternate winner.
4. Sweepstakes open to USA residents 18 years or older. Federal, state and local laws/regulations apply. Void where prohibited. Federal, state and local taxes are winners' responsibility. Proof of eligibility and release from liability may be required. By entry, winners consent to use of their names, photographs for advertising/promotion purposes by ConAgra without additional compensation. Employees of ConAgra Inc., its sales agents, affiliates, advertising/promotion agencies, Product Exposure, Inc., and their immediate families are not eligible. Entries become ConAgra property; none returned. For Grand, First, Second and Third Prize Winner names, send stamped self-addressed envelope to "Pride in Your Country" Winners, P.O. Box 1225, Skokie, IL 60076-8225. Sponsor: ConAgra Broiler Company, El Dorado, AR 71730.

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FRUITS OF SUMMER
continued

in saucepan. Whisk egg yolks and ½ cup sugar in small bowl until blended. Gradually whisk in milk. Return to saucepan and cook over medium heat, stirring constantly, just until mixture thickens and coats back of spoon. (Do not boil.) Remove from heat, add gelatin and stir until completely dissolved.

Puree pears with lemon juice in food processor. Stir into custard mixture with pear brandy. Refrigerate, stirring occasionally, until mixture mounds when dropped from spoon.

Beat egg whites in mixer bowl until foamy. Gradually beat in remaining ¼ cup sugar and continue beating until soft peaks form. Fold into pear mixture. Beat cream until soft peaks form; fold into pear mixture. Pour into prepared pan. Cover and refrigerate overnight.

To serve, remove rim of pan and pass Strawberry Sauce. Makes 10 servings.

Strawberry Sauce: Process all ingredients in food processor until smooth. Makes 2 cups.

Nutrition info per serving: With 3 tablespoons sauce, 300 calories, 6 gm protein, 14 gm fat, 40 gm carbohydrates, 57 mg sodium, 176 mg cholesterol.

PLUM UPSIDE-DOWN CAKE



You can substitute other fruit, such as pears, peaches or nectarines.

Prep time: 30 minutes
Baking time: 35 to 40 minutes

- 8 tablespoons butter or margarine, divided
- 1 cup sugar, divided
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 1 large egg
- 1 teaspoon vanilla extract
- ⅓ cup milk
- 1 pound plums, sliced ¼ inch thick
- Ginger Custard Sauce (recipe follows)

Preheat oven to 350°F. Melt 3 tablespoons butter in 9-inch cake pan in oven. Sprinkle with ⅓ cup sugar; heat in oven until sugar is dissolved, about 10 minutes.

Mix flour, baking powder and salt in bowl. Beat remaining 5 tablespoons butter and ⅔ cup sugar in mixer bowl until light and fluffy. Beat in egg and vanilla. Mix in dry ingredients alternately with milk.

Arrange plums slightly overlapping in pan. Pour in batter. Bake until golden brown and top springs back when lightly touched, 35 to 40 minutes. Cool in pan 3 minutes. Loosen cake from edge of pan; invert onto serving dish. Serve warm with Ginger Custard Sauce. Makes 6 servings.

Nutrition info per serving: 405 calories, 4 gm protein, 17 gm fat, 59 gm carbohydrates, 336 mg sodium, 89 mg cholesterol.

Ginger Custard Sauce

- ½ cup heavy cream
- ½ cup milk
- 1 piece (½ in.) fresh ginger
- 3 large egg yolks
- ⅓ cup sugar
- Pinch salt

Whisk all ingredients together in saucepan and cook, stirring constantly, over medium heat until mixture coats back of spoon. (Do not boil.) Cool, then strain. Makes 1¼ cups.

Nutrition info per 3 tablespoons: 150 calories, 2 gm protein, 11 gm fat, 12 gm carbohydrates, 42 mg sodium, 163 mg cholesterol.

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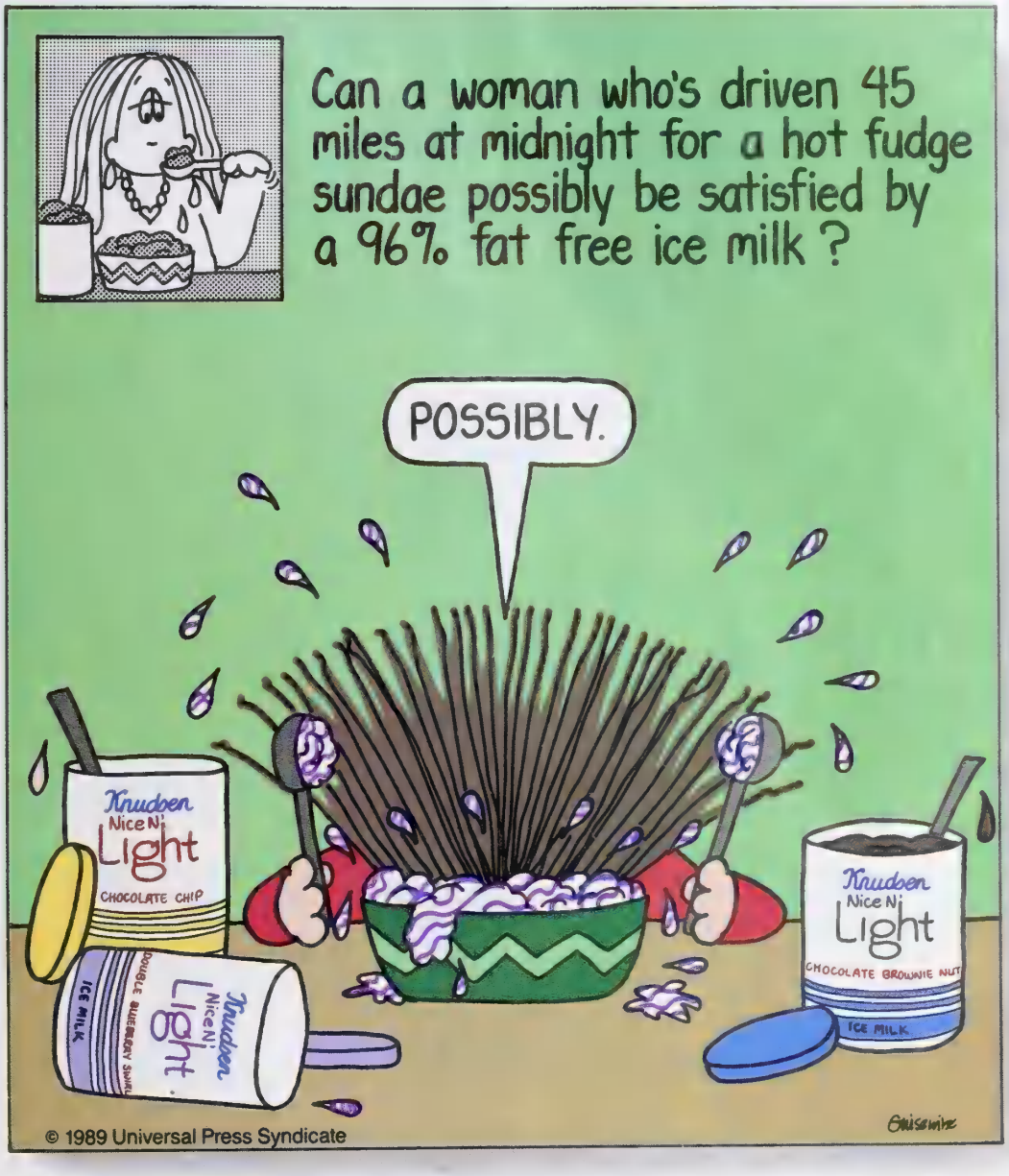


Pasta Saladventure Recipe: Surprising fare for a party of four. Cook a pound of multicolored, spiral-shaped fusilli. Arrange it on a bed of romaine lettuce, with a quarter-pound of salami cut into sticks. Add small zucchini and a yellow squash, sliced and steamed. Slice a small tomato and red onio Cut yellow and red bell peppers into julienne strips. Garnish with black olives. Then crown it all with T. Marzetti's delicious Chunky Blue Cheese Dressing. Refrigerated fresh in your grocer's produce department.

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T. MARZETTI'S SALAD IDEAS FROM THE PRODUCE DEPARTMENT

SALADVENTURES





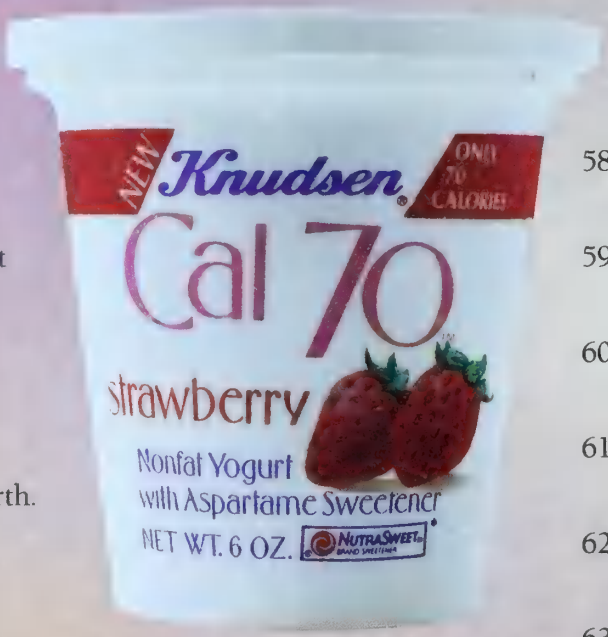
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5. True taste of dreams.
6. Another good, good idea from the good Knudsen people.
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8. I have no guilts.
9. Luscious lemony lemon.
10. New, new, new, new, new, new.
11. 20 calories less than *Yoplait Light.*
12. You will yum it to pieces.
13. Sensuous and sinful strawberry.
14. Perfect peach for prominent people.
15. Met a tall, thin man.
16. Strawberry goes bananas.
17. Very voluptuous vanilla.
18. Raspberry is 10 reasons worth.
19. Yum, yum, yum.
20. Tempt your heart.
21. Add raisins. Mmmm.
22. Add granola. Ahhhhhhh.
23. Add nuts. Oooooh.
24. Daily reward.
25. Tempt your tummy.
26. Skinny stuff.
27. Thin man asked me to dinner.
28. Mmmm and thin con't.
29. This is will power.
30. Good triumphs over fat.
31. Ends sweet obsessions.
32. 70 itsy-bitsy calories.
33. Thank you *Cal 70.*
34. Who's the good loser?
35. No more monster diets.
36. I saw my cheekbones today.
37. I show off more because more shows off.
38. Mmm, Mmm, MMMMMMM.
39. Diet decadence.
40. Only 70 nowhere-to-be-seen calories.
41. Food for the soul.
42. I do my stretches.
43. I can desert dessert.
44. This is filling power, for those with taste.
45. Oh. Even my watch fits better.
46. Fitness is the answer.
47. I eat double
48. I am not cranky.
49. Balancing my diet is easy.
50. I don't obsess over food.
51. Thin man's name is Andy.
52. Isn't that sweet?
53. Wore "intensely-in" skirt.
54. This is meaningful food.
55. An abundance of calcium.
56. The goodness of protein
57. My nerves are not frayed.
58. Mixed strawberry and vanilla.
59. Inspired by fruit trees of heaven.
60. I can bare my midriff.
61. Andy is a conservative.
62. Andy asked if I were serious.
63. Had a raspberry and lemon day.
64. Good, Good, Good, Good. Good, Good, Good.
65. I fit into my jeans.
66. Live thin.
67. I reached my goal.
68. Lost some calories
69. Gained some perspective.
70. I proposed to An

70 Calories Worth Counting



Not available in all areas

MELBA



ier, the father of French cuisine, d this dessert for Nellie Melba, orld-famous Australian diva.

ne: 20 minutes plus standing ○

espoons sugar, divided
raspberries, pureed
espoon fresh lemon juice
ches, peeled and sliced
premium vanilla ice cream
hased individual meringue
nells
h raspberries, for garnish

tablespoons sugar into puree et aside. Mix remaining 1 table- sugar and the lemon juice in Stir in peaches and let stand 15 es.

op ice cream into shells and place dessert plates. Top with peaches aspberry puree and garnish with erries. Makes 4 servings.

Nutrition info per serving: 285 calories, 3 gm protein, 7 gm fat, 55 gm carbohydrates, 58 mg sodium, 30 mg cholesterol.

NECTARINE OAT TART



Oat bran adds a pleasant nutty flavor to the crust of this fruity pizza dessert.

Prep time: 30 minutes plus chilling ◒
Baking time: 22 to 30 minutes

Pastry
- 1 cup all-purpose flour
- ¾ cup oat bran
- 2 tablespoons sugar
- ½ teaspoon salt
- ½ cup butter or margarine
- 2 to 3 tablespoons water
- 1 teaspoon fresh lemon juice

Topping
- 2 pounds nectarines, sliced
- ½ cup plus 1 teaspoon sugar
- 1 tablespoon fresh lemon juice
- 1 teaspoon cornstarch
- 1 tablespoon butter or margarine
- 1 cup sour cream
- 1½ teaspoons sugar

Pastry: Mix flour, oat bran, sugar and salt in bowl. With pastry blender cut in butter until mixture resembles coarse crumbs. Sprinkle with water and lemon juice a tablespoon at a time, tossing with fork until pastry is moist enough to hold together. Shape into thick disk and wrap. Refrigerate 1 hour or overnight.

Preheat oven to 425°F. Roll dough into 15-inch circle. Line 13-inch pizza pan with dough, folding overhang under. Prick with fork. Refrigerate 15 minutes. Bake until golden brown, 12 to 15 minutes.

Topping: Toss nectarines with ½ cup sugar, lemon juice and cornstarch. Arrange nectarines on crust; dot with butter. Sprinkle with remaining sugar.

Bake until nectarines are tender and liquid is bubbly, 10 to 15 minutes.

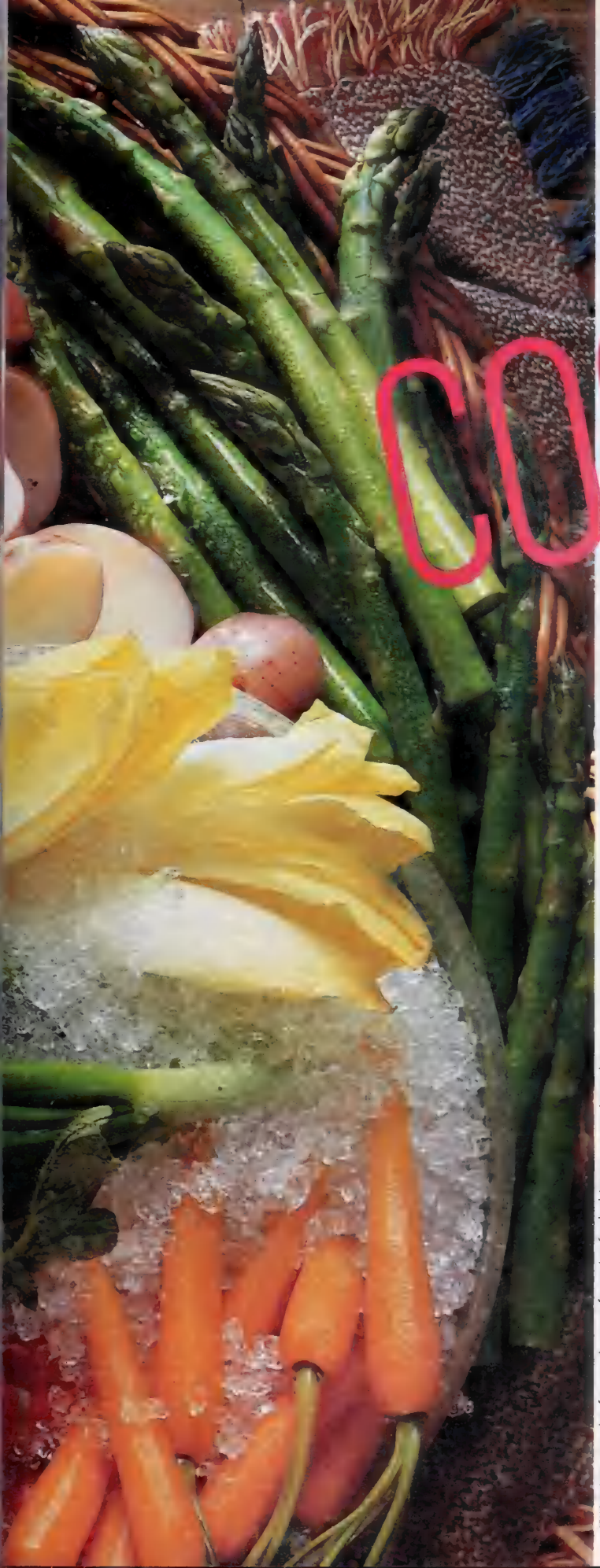
Mix sour cream and sugar in small bowl. Serve tart warm with sweetened sour cream. Makes 8 servings.

Nutrition info per serving: 380 calories, 5 gm protein, 20 gm fat, 47 gm carbohydrates, 284 mg sodium, 48 mg cholesterol. ■

Recipes developed by Kathy Jackette and Lisa Brainerd.







All photos, Mark Thomas; prop stylist, Nancy Micklin; food stylist, A.J. Battifarano.

COOL COOKING

Mediterranean-style

Inspired by the savory fare of Italy, France and Greece, we've grilled and tossed up the freshest, lightest, most healthful summer suppers

By Jan Turner Hazard

Pinzimonio

Pinzimonio comes from the Italian words *pinze* (pinched) and *matrimonio* (marriage). In Tuscany vegetables are often eaten this way—pinched with the fingers and married with a dip of olive oil, salt and pepper.

Total prep time: 15 minutes ○

Selection of the following:
½ pound thin asparagus, trimmed
½ pound whole baby carrots, peeled
1 small fennel bulb, cut into eighths
1 small head romaine lettuce, separated
1 small head radicchio, separated
¼ pound radishes with leaves attached
1 each *red and yellow pepper, sliced*
½ cup extra-virgin olive oil
Coarse salt and black peppercorns

Arrange vegetables on large platter. Serve with oil in bowl, salt in small dish and pepper in pepper mill. *(continued)*



Clockwise from left: Grilled Monkfish with Orange and Fennel; Grilled Lamb with Rosemary; Spaghetti Puttanesca; Grilled Red Snapper; Mixed Grilled Vegetables

(continued) Place a selection of vegetables on each salad plate with oil, salt and pepper for dipping. Makes 8 servings.

Nutrition info per serving: 160 calories, 3 gm protein, 14 gm fat, 8 gm carbohydrates, 238 mg sodium, 0 mg cholesterol.

Grilled lamb with rosemary

A butterflied leg of lamb has uneven shape and thickness. So you don't overcook, cut off and serve the thinner portions as you grill.

Prep time: 20 minutes plus marinating ○
Cooking time: 30 minutes

3 tablespoons fresh lemon juice
3 tablespoons extra-virgin olive oil
2 tablespoons chopped fresh rosemary
1 tablespoon chopped fresh thyme
1 tablespoon minced garlic
1 teaspoon freshly ground pepper
1 butterflied leg of lamb (5 lb.), trimmed
Salt

Mix lemon juice, oil, herbs, garlic and pepper in large shallow dish. Add lamb and rub well with marinade. Let stand at room temperature 1 hour. *(Can be made ahead. Cover and refrigerate overnight. Bring to room temperature 1 hour before grilling.)*

Prepare grill. Sprinkle both sides of lamb generously with salt. Grill over medium-hot coals about 15 minutes per side for medium-rare. Let stand 10 minutes, then thinly slice diagonally. Makes 10 servings.

Nutrition info per 3-ounce serving: 240 calories, 20 gm protein, 17 gm fat, 1 gm carbohydrates, 49 mg sodium, 78 mg cholesterol.

Grilled monkfish with orange and fennel

Monkfish has firm flesh, which makes it perfect for kebabs. If you can't find fennel, substitute celery hearts.

Prep time: 20 minutes ○
Cooking time: 10 minutes

¼ cup extra-virgin olive oil
½ teaspoon fennel seeds
Salt and freshly ground pepper
½ teaspoon minced garlic
2 strips (3 in.) orange peel
1½ pounds monkfish, cubed
1 medium bulb fennel, quartered
2 navel oranges, peeled and sliced

Heat oil, fennel seeds and ¼ teaspoon *each* salt and pepper in small pan over medium-low heat until fragrant, about 3 minutes. Remove from heat and stir in garlic and orange peel. Cool.

Meanwhile, prepare grill. Thread fish cubes loosely on 4 skewers. Brush fish and fennel quarters lightly with oil mixture and sprinkle generously with salt and pepper. Lightly oil rack for grill. Grill fennel, turning occasionally, until tender, about 10 minutes. Grill fish, turning skewers once, until just opaque at center, about 8 minutes. Remove from skewers and place on serving platter with fennel. Drizzle with remaining oil and arrange oranges on side. Serve at once. Makes 4 servings.

Nutrition info per serving: 300 calories, 27 gm protein, 17 gm fat, 12 gm carbohydrates, 269 mg sodium, 43 mg cholesterol.

Spaghetti puttanesca

Puttanesca is pasta with robust flavors and ingredients. When fresh tomatoes are out of season, use canned plum tomatoes for optimum flavor.

Prep time: 25 minutes plus standing ○
Cooking time: 10 minutes

1½ pounds plum tomatoes
½ cup chopped pitted Greek olives
⅓ cup julienned fresh basil
⅓ cup chopped flat-leaf parsley
2 tablespoons extra-virgin olive oil
5 anchovy fillets, minced
1 tablespoon capers in brine
2 teaspoons minced garlic
½ teaspoon salt
½ teaspoon freshly ground pepper
1 pound spaghetti, cooked

Quarter 2 tomatoes and puree in blender. Finely chop remaining tomatoes. Combine all ingredients except spaghetti in wide bowl; let stand 1 hour. Toss with hot spaghetti and serve at once. Makes 6 servings.

Nutrition info per serving: 395 calories, 12 gm protein, 10 gm fat, 64 gm carbohydrates, 748 mg sodium, 2 mg cholesterol.

Mixed grilled vegetables

Perfect with grilled meat, fish or poultry. Prepare the vegetables first and set aside, then grill the meat.

Prep time: 50 minutes ○
Cooking time: 45 minutes

Vinaigrette
¼ cup extra-virgin olive oil
2 tablespoons balsamic vinegar
2 tablespoons chopped fresh parsley
1 teaspoon chopped fresh thyme
1 teaspoon minced garlic
½ teaspoon salt
¼ teaspoon freshly ground pepper

6 peppers (2 each red, yellow and green), halved and seeded
1 large eggplant, sliced ¾ inch thick
4 medium onions, sliced ⅜ inch thick
2 tablespoons extra-virgin olive oil

Vinaigrette: Whisk all ingredients in large bowl until blended.

Prepare grill. Grill peppers, skin side to heat, until skin is blackened, about 10 minutes. Transfer to bowl, cover and let steam 10 minutes. Remove charred skin and cut *(continued)*

HOW CHEDDAR CHEESE GIVES LAIN VEGETABLES A TASTE YOU'LL FANCY.

This bunch of broccoli was utterly uninspired, until a simple cheddar sauce melted your heart. How could something so easy make such a difference? Try this simple recipe and see!

MICROWAVE CHEDDAR SAUCE RECIPE

Heat 1 c. milk 2 minutes on medium high. Set aside. Melt 2 Tbs. butter 1 minute on high. Stir in 2 Tbs. flour, heat 1 minute more on high. Briskly stir in warm milk. Blend well. Cook on high 2½ minutes, or until boiling. Stir in 1 c. grated cheddar cheese. Blend well.



CHEESE MAKES ALL THE DIFFERENCE

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Two warm-weather winners: Layered Tuna Salad with Dill and Chick-Pea and Tomato Salad

(continued) peppers into thick slices; add to vinaigrette.

Meanwhile, brush eggplant and onions with oil. Grill in batches, turning once, until tender, 10 to 15 minutes. Cut eggplant into ¾-inch-wide strips; add to vinaigrette with onions. Toss to coat and combine. Makes 8 servings.

Nutrition info per serving: 140 calories, 2 gm protein, 11 gm fat, 12 gm carbohydrates, 143 mg sodium, 0 mg cholesterol.

Grilled red snapper

A simple preparation using the classic seasonings of Greece. Firm-fleshed snapper is a great choice for grilling.

Prep time: 5 minutes ○
Cooking time: 15 minutes

2 red snappers, cleaned (1½ lb. each)
Salt and freshly ground pepper
1 teaspoon olive oil
6 thin slices lemon
4 sprigs thyme
4 sprigs oregano
Lemon wedges

Prepare grill. Rinse fish in cold water; pat dry. Sprinkle inside and out with salt and pepper. Drizzle cavities with oil and stuff with lemon slices and herbs. Oil grilling basket or rack for grill. Place fish in baskets or on rack. Grill, turning once, until just opaque at backbone, about 15 minutes. Serve with lemon wedges. Makes 4 servings.

Nutrition info per serving: 190 calories, 36 gm protein, 4 gm fat, 1 gm carbohydrates, 114 mg sodium, 66 mg cholesterol.

Layered tuna salad with dill

Our version of salad niçoise.

Total prep time: 30 minutes ○

Dressing
½ cup olive oil
¼ cup chopped fresh dill
3 tablespoons fresh lemon juice
1 teaspoon minced garlic
¾ teaspoon salt
½ teaspoon freshly ground pepper

2 cans (6½ oz. each) solid white tuna packed in water, flaked
1 can (19 oz.) cannellini beans, drained and rinsed
1 jar (7 oz.) roasted red peppers, drained and cut into strips
¼ pound feta cheese, diced
4 cups thinly sliced romaine lettuce
2 cups halved cherry tomatoes
1 cucumber, sliced thin
¼ cup chopped pitted Greek olives

Dressing: Whisk all ingredients together. Spoon 3 tablespoons dressing into each of 2 small mixing bowls.

Add tuna to 1 mixing bowl, beans to the other, and red peppers and feta to remaining dressing in medium bowl; toss each to coat.

Make layer of romaine in bottom of large glass salad bowl. Add separate layers of white beans, tomatoes, tuna, cucumber and finally roasted peppers with feta. Sprinkle top with olives. Serve immediately. Makes 6 servings.

Nutrition info per serving: 415 calories, 25 gm protein, 26 gm fat, 21 gm carbohydrates, 1,252 mg sodium, 43 mg cholesterol.

Chick-pea and tomato salad

A two-ingredient salad tossed with a spicy vinaigrette goes very well with simple grilled chicken.

Prep time: 15 minutes plus chilling ○

¼ cup sliced green onions
2 tablespoons olive oil
2 tablespoons fresh lemon juice
2 tablespoons chopped fresh cilantro
½ teaspoon ground cumin
¼ teaspoon ground coriander
¼ teaspoon paprika
¼ teaspoon salt
¼ teaspoon freshly ground pepper
2 cans (19 oz. each) chick-peas, drained and rinsed
2 cups seeded, chopped plum tomatoes

Place all ingredients except chick-peas and tomatoes in large bowl and whisk until blended. Add chick-peas and tomatoes; gently toss to coat and combine. Refrigerate at least 30 minutes or up to 6 hours. Makes 6 servings.

Nutrition info per serving: 270 calories, 10 gm protein, 7 gm fat, 44 gm carbohydrates, 632 mg sodium, 0 mg cholesterol.

Focaccia

A flat yeast bread that is sprinkled with salt and olive oil. Split it and fill it with one of our delicious fillings.

Prep time: 15 minutes plus rising
Baking time: 9 minutes ○

2½ to 2¾ cups all-purpose flour
1 package (¼ oz.) quick-rise yeast
1 teaspoon salt
¾ cup very warm water (125°F.–130°F.)
2 tablespoons plus 2 teaspoons extra-virgin olive oil
1 teaspoon coarse or kosher salt

Place 2 cups flour, the yeast and 1 teaspoon salt in food processor; pulse to mix. With machine running, pour water and 2 tablespoons oil through feed tube; process until soft dough forms. Add ½ cup flour and process 10 seconds. Add enough remaining flour to make soft but not sticky dough; process about 30 seconds. (Dough should form ball and ride on steel blade.) Place dough in oiled bowl and turn to oil top. Cover and let rise in warm, draft-free place until doubled, about 45 minutes. Oil 1 baking sheet. Punch dough down and knead 1 to 2 minutes. Cut dough into quarters and roll each piece into oval about ⅜ inch thick. Place on oiled baking sheet and cover with damp towels. Let rise 35 minutes.

Meanwhile, preheat oven to 500°F. Press dough with fingertips about 1 inch apart. Brush with remaining 2 teaspoons oil and sprinkle with coarse salt. Bake until golden *(continued)*

Sunglasses.



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(continued) brown, about 9 minutes. Serve focaccie warm, or c on wire racks, split and fill with choice of fillings. Makes 4.

Nutrition info per focaccia: 385 calories, 9 gm protein, 10 gm fat, 63 carbohydrates, 921 mg sodium, 0 mg cholesterol.

Mozzarella, tomato and basil filling

Arrange 2 slices sliced mozzarella cheese, 1 sliced plum tom and 6 basil leaves on bottom half of each focaccia. Sprinkle wit teaspoon extra-virgin olive oil and cover with top halves. Heat baking sheet in 400°F. oven 5 to 10 minutes.

Nutrition info per focaccia: 505 calories, 16 gm protein, 19 gm fat, 68 carbohydrates, 1,032 mg sodium, 22 mg cholesterol.



One of the trendiest Italian breads is focaccia, here stuffed with our rosemary-mushroom, mozzarella-tomato-basil, and onion fillings

Rosemary-mushroom filling

Heat 1 tablespoon olive oil in skillet over medium heat. Add pound mushrooms, sliced, ¼ pound fresh shiitake mushroo sliced, 2 tablespoons minced shallots, 1 teaspoon rosemary and and freshly ground pepper to taste and stir to coat. Cook, stir occasionally, until softened and almost all liquid is evaporat about 10 minutes. Sandwich filling between 4 split focaccie heat on baking sheet in 400°F. oven 8 to 10 minutes.

Nutrition info per focaccia: 440 calories, 11 gm protein, 14 gm fat, 68 carbohydrates, 925 mg sodium, 0 mg cholesterol.

Onion filling

Heat 2 tablespoons olive oil in skillet over medium-low heat. A 4 cups sliced onions, 1 tablespoon balsamic vinegar, 1 tablesp minced shallot, 1 teaspoon chopped fresh thyme, ¼ teaspoon e salt and pepper; cook, stirring occasionally, until onions are s about 25 minutes. Sandwich filling between 4 split focaccie heat on baking sheet in 400°F. oven 8 to 10 minutes.

Nutrition info per focaccia: 500 calories, 11 gm protein, 18 gm fat, 76 carbohydrates, 1,060 mg sodium, 0 mg cholesterol.

Riviera picnic platter

Prosciutto, a dry-cured Italian ham, is a tangy complement summer fruit. Buy the best you can afford.

Total prep time: 20 minutes

Dressing

6 tablespoons olive oil
⅓ cup chopped fresh mint
3 tablespoons balsamic vinegar
2 teaspoons honey
8 radicchio leaves
8 small Boston lettuce leaves
1 pint strawberries, halved
½ cup blueberries
8 slices prosciutto or ham (about ¼ lb.)



Try our no-cook hot-night delights: Riviera Picnic Platter and Italian-Bread Salad

½ cantaloupe, cut into 8 wedges
½ pound St. André or Brie cheese, quartered
2 tablespoons chopped toasted almonds

sing: Whisk ingredients in small bowl. ace 1 radicchio leaf inside each Boston ce leaf to form 8 cups. Arrange on edge erving platter. Toss strawberries and blueberries with 3 tablespoons dressing and spoon into lettuce cups. Wrap prosciutto slice around each cantaloupe wedge and arrange in center of platter. Place cheese quarters between lettuce cups. Drizzle all except berries with remaining dressing. Sprinkle with almonds. Makes 4 servings.

Nutrition info per serving: 520 calories, 19 gm protein, 42 gm fat, 20 gm carbohydrates, 936 mg sodium, 73 mg cholesterol.

Italian-bread salad

A hearty variation of *panzanella*, a Tuscan dish usually served as a first course.

Prep time: 25 minutes plus standing ○

3 cups fresh Italian or French bread cubes
6 tablespoons extra-virgin olive oil
2 tablespoons chopped fresh oregano
2 teaspoons minced garlic
1 teaspoon salt
¾ teaspoon freshly ground pepper
Pinch dried red pepper flakes
1 pound plum tomatoes, diced
½ pound fresh mozzarella cheese, diced
¼ pound mushrooms, sliced
2 ounces sliced Italian salami, in strips
2 green onions, sliced
1 bunch arugula, torn

Spread bread cubes on cookie sheet and let stand 2 hours.

Whisk oil, oregano, garlic, salt, pepper and pepper flakes together in large bowl. Add remaining ingredients except arugula; toss. Let stand 15 minutes. Add arugula, toss well and serve at once. Makes 6 servings.

Nutrition info per serving: 335 calories, 13 gm protein, 26 gm fat, 14 gm carbohydrates, 779 mg sodium, 37 mg cholesterol. ■

Recipes developed by Carol Prager, Kathy Jackette and Lisa Brainerd.

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MADE IN AMER

NSIDE THE JOURNAL KITCHEN

'ou asked for it

ar LHJ:
en I lived in Alexandria, Virginia, the restaurant for seafood
as Hogate's, in Washington, D.C. They served a shrimp dish that I
ave tried to make myself, but it never came out right. I would
ppreciate your trying to find the recipe for Shrimp Norfolk for me.

Jan S. Sheridan
Raytown, MO

Capital fare

Your favorite dish from this popular restaurant is not merely memorable—it's an easy-to-prepare entrée you can make in less than 20 minutes.

Make Norfolk Butter: Beat ¼ cup butter, softened, 1 tablespoon chopped fresh parsley, 2 aspoons chopped fresh basil, 2 teaspoons white wine vinegar, 1 teaspoon dry bread crumbs, ½ teaspoon sh lemon juice and ¼ teaspoon ground white pepper together in medium bowl until smooth. Heat 1 tablespoon butter in large skillet over medium heat. Add 1 pound shrimp (about 20), peeled and veined, and cook, stirring frequently, until pink, 1 to 2 minutes. Transfer to serving plate and keep warm. Add ¼ cup white wine to skillet and reduce to 1 tablespoon, about 3 to 4 minutes. Remove from heat d gradually whisk in Norfolk Butter until just incorporated and sauce is slightly thickened. Sprinkle with 1 blespoon chopped fresh parsley and garnish with lemon slices. Makes 4 servings.

ecipe index

ere is a listing of recipes appearing in this issue, cluding those from the Journal kitchen and dvertisements. Advertisers' recipes appear in oldface. Recipes marked with an asterisk include icrowave instructions.

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Pages 132-133: Left—ballet slippers, J.C. Penny. Top—cap, L.L. Bean; bikini, Adrienne Vittadini; sunglasses, Colors in Optics. Right—bathrobe, Victoria's Secret; sunglasses, Riviera; towel, DesCamps. **Page 134:** Left—leggings, J. Crew; sunglasses, Colors in Optics; scarf, John Jacobus. Right—sunglasses, Colors in Optics; earrings, Patricia Von Musulin.
COOL COOKING MEDITERRANEAN-STYLE
Pages 152-153: Woven napkins, Pottery Barn, 117 E. 59th St., NYC 10022. **Page 154:** Ceramic pitcher and platter with fish, Joan Platt, JMP Pottery, 1261 Madison Ave., NYC 10028; blue goblet, Pottery Barn; chair, Origin, 153 Mercer St., NYC 10012. **Page 156:** Glass bowl, Pottery Barn.

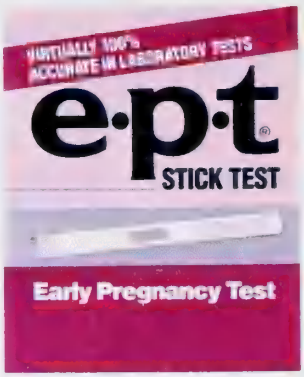


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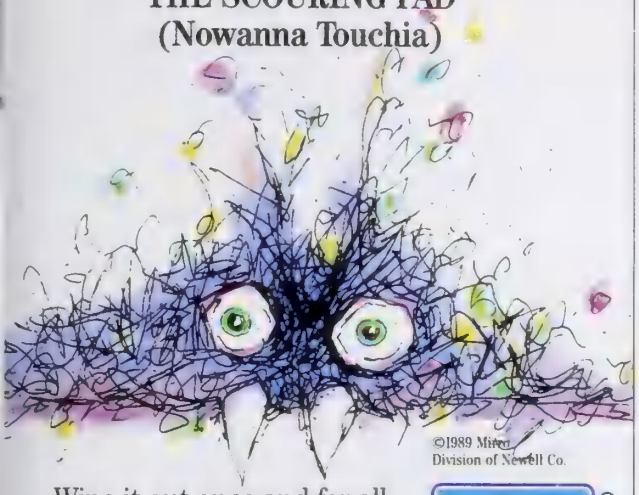
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ENDANGERED SPECIES

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more than five thousand specimens from infertile couples each year, heartily agrees. Kundsin, an associate professor of microbiology and molecular genetics at Harvard Medical School, estimates that at least half of all miscarriages could be avoided if microbes were controlled.

Scourge of the sexual revolution

Not that all bacteria are bad, to be sure. The human body is a veritable zoo of microorganisms, most of which are harmless and even necessary for basic functions like digesting food. But harmful bacteria do flourish as well. Those that appear to cause reproductive problems are usually transmitted during sexual intercourse.

Decades ago, gonorrhea and syphilis bacteria caused the greatest concern, but—thanks to widespread screening and the use of penicillin—their incidence has declined significantly. Today, better laboratory techniques have helped scientists identify a whole new class of insidious bacterial STDs (sexually transmitted diseases) that are resistant to penicillin. Not surprisingly, the incidence of STDs has exploded during recent, sexually permissive times. "We always thought pregnancy was the worst hazard associated with sexual activity," says Kundsin. "But the worst hazard is actually infection." Many potentially harmful organisms can live for years in the human reproductive tract, she notes, and the more sex partners a woman or her husband has had, the greater their chances of contracting a bacterial infection. (Sexually transmitted viruses such as AIDS and herpes can also be passed on to babies. But they are not believed to interfere with reproduction itself, as these bacteria seem to do.)

One of the most dangerous bacterial infections is chlamydia. Over four million new cases are *(continued)*

BACTERIA

continued from page 119

ryos are miscarried—often before the mother knows is pregnant—according to a recent study published in *New England Journal of Medicine*. And nearly 10 ent of all babies in the U.S. are born prematurely, re the thirty-seventh week of gestation.

octors have made great progress in diagnosing and ting some of these problems. Yet for all of modern licine's miracles, much about what makes conception pregnancy go awry remains a mystery. Some of those xplained cases, experts believe, may be traced to erial infections.

lany of these infections can be treated with antibiot- But often, the bacteria cause no overt symptoms, so ples may not suspect they harbor harmful microorgan- s until they have trouble. Even then, many specialists 't think to look for bacterial culprits. "My first obste- ian said, 'When God wants you to have another baby, will.' If I'd listened to him, I'd still be miscarrying," s Jean, a New York mother who had one baby easily, n suffered four miscarriages before a new doctor adistered antibiotics and she had two more children.

Why don't more doctors see the link? For one thing, the earch is still controversial. Other factors may thwart a ple's fertility, and since there are ethical and legal itations on studies involving human beings, there's way to prove cause and effect in individual cases, says los Toth, M.D., the New York City obstetrician who cessfully treated Pam, Suzy and Jean. "But eliminat- these infectious components will significantly im- ve the possibilities in a large number of women."

uth Kundsin, Sc.D., whose Boston laboratory tests

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BACTERIA
continued

diagnosed annually in this country; some doctors think this microorganism alone may be responsible for up to half of all cases of PID, which may account for one fourth of all ectopic pregnancies. Researchers like Kundsin think another group of bacteria, known as mycoplasmas—particularly one called ureaplasma urealyticum—are an even more frequent factor in reproductive problems.

Other microorganisms—including Group B streptococcus and certain bacteria that survive without oxygen—are also under scrutiny. The latter, called anaerobic bacteria, can cause a condition known as bacterial vaginosis (BV). Women with this condition have up to a thousand times the normal number of bacteria in their vaginas and appear to have double the average risk of giving birth prematurely.

The study of STD infections is complicated by the fact that many men and women who have one type of harmful bacteria also harbor others. For this reason, it is virtually impossible to determine which one is causing a specific fertility problem. "The more we learn about these organisms, the more we realize we don't know," says Heather Watts, M.D., assistant professor of obstetrics and gynecology at the University of Washington, in Seattle.

What's even more confusing is the fact that some people whose bodies play host to potentially harmful bacteria never encounter fertility problems.

Researchers believe the explanation for this has to do with the complex response each individual's immune system mounts against invading germs. In essence, say experts, problems occur during pregnancy at whatever point the mother's immune system—and that of the fetus—loses the fight against hostile microorganisms.

Bacteria and infertility

Researchers think the path of infection often begins in the male. Bacteria can enter through a man's urethra, the long channel in the penis that carries urine from the bladder. Bacteria may infect the urethra itself or lodge in the prostate or other glands that help manufacture seminal fluid. In rare cases, bacteria hamper sperm mobility or lower sperm count. More often, the man infects his female sex partner.

Atilla Toth, M.D., director of the MacLeod Laboratory for Infertility at New York Hospital–Cornell Medical Center (and Miklos Toth's brother), demonstrated that the microorganisms can actually travel *on* sperm. T typically, they lodge in the wom genital tract, where they may cau mild vaginal infection.

The cervix—the valve at the bas the uterus—is designed in part block such germs from traveling h er into the reproductive tract. In s cases, cervical mucus protects aga invasion by becoming impenetrabl sperm as well as bacteria. This is way bacteria can cause infertility.

Sperm that do penetrate the ce can carry bacteria directly into a w an's uterus, ovaries and fallop tubes, where they may cause se problems. By the way, intrauterine vices—especially those with stri that descend through the cervix— facilitate the passage of bacteria. occurs when infection reaches tubes, causing them to become sca or swell with fluid. PID can also d age the flowerlike "fingers" at the of the tubes so they cannot grasp egg that is released each month f the ovary. Even if egg and sperm meet, the fertilized ovum may stuck in the scarred fallopian t causing an ectopic pregnancy. Eve ally, PID can infect the ovaries, in fering with ovulation and, in extr cases, causing irreversible sterility

When infection is caught early, s

e in the tubes can now be detected removed using microsurgery and s, thereby increasing the chance onception. However, since PID ed by chlamydia may produce vir- y no symptoms, many cases go un- nosed. Even if PID is treated, it recur, and with each new episode, man's chance of conceiving dims.

ies under attack

another prime site for infection is terine cavity, where bacteria can wait to sabotage a developing fe- Some experts believe various micro- nisms can attack a tiny embryo di- or invade the placenta, leaving it eak to support the baby.

searchers also believe that some ria may set off a chemical reac- that brings on labor dangerously . Certain bacteria can also cause ctive membranes around the fe- rupture early, leaving the baby erable to potentially harmful mi- ganisms in the vagina and cervix. ere is growing evidence that some organisms in the vagina can infiltrate intact fetal membranes nfect the amniotic fluid surround- he fetus. When this happens, a may be born with harmful bacte- n his blood, lungs or other vital organs. Otherwise healthy, full-term infants can also contract chlamydia and other infections in the birth canal, which can lead to pneumonia and conjunctivitis, an eye ailment that causes blindness in extreme cases.

Interestingly, some babies who harbor such infections never become ill. "Very small infants have the most problems," says Ken Waites, M.D., a microbiologist at the University of Alabama at Birmingham. His studies have shown that infants weighing less than two pounds are far more likely to die or develop serious problems than similar-weight babies who are free of troublesome bacteria. And, he adds, "We think mycoplasmas may be important in general, accounting for prematurity and for babies who die for no other known reason."

Risky procedures

While these microorganisms travel primarily through sexual intercourse, they can be spread in other ways. An elective abortion, for example, can push microorganisms from the vagina and cervix into the uterus. Any fetal tissue remaining after an abortion is a particularly fertile medium for bacterial growth. A dilation and curettage (D&C) can also introduce bacteria into the uterus.

Ironically, many common tests and treatments for infertility can also spread bacteria, if a couple are not screened for infections first. If sperm used in artificial insemination or in vitro fertilization (a procedure in which an egg and sperm are united outside the womb) harbor bacteria, the tiny embryo may be infected from the moment of conception. A hysterosalpingogram (a procedure in which dye is shot through the fallopian tubes to make blockages visible on an X-ray) can stir up an old PID infection—and cause the very problems it is meant to detect. "Any woman with a history of pelvic infections who undergoes an infertility workup should take antibiotics prophylactically," says Diane Clapp, medical information counselor for RESOLVE, a national fertility group based in Arlington, Massachusetts.

Prevention and treatment

How can a woman protect herself against infection? For one thing, experts say that using condoms and diaphragms during sex can prevent the spread of bacteria.

In addition, the federal Centers for Disease Control recommends that pregnant women who test positive for chlamydia be treated *(continued)*



BACTERIA
continued

with erythromycin, an antibiotic that is safe for use in pregnancy. Careful obstetricians check couples for chlamydia before they try to conceive. If bacteria are present, both partners should be treated with tetracycline.

Testing for mycoplasmas and other bacteria remains more controversial. A full-scale bacteriological study can cost as much as $400, and even if potentially harmful bacteria are found in a couple's genital tracts, some doctors hesitate to prescribe antibiotics, since the organisms may not cause problems. And the medications can cause problems unrelated to the reproductive difficulties they are supposed to alleviate. While some potential antibiotic side effects seem minor, such as sun sensitivity and stomach upset, others are more serious. Antibiotics can alter the normal bacterial balance in the body, allowing other infections to flourish. Or they may only temporarily suppress some forms of bacteria, leaving them more resistant to future treatment. "You want to do whatever you can to help," says Heather Watts. "But in the long run, antibiotics may do more harm than good."

Other experts disagree, saying the potential benefits of antibiotic treatment outweigh such risks—particularly for couples who are having trouble conceiving or who suffer repeated miscarriages or premature births. "I think we have the solution" to a large number of miscarriages and premature labors, says Kundsin. Unfortunately, she adds, "it's very hard to get clinicians to accept it. Many of them never heard about mycoplasmas in medical school." The knowledge is there, she says, but patients have to demand bacterial testing and treatment.

Women who've had reproductive problems and then delivered full-term babies after being treated for bacteria tend to be the most enthusiastic advocates of these new research findings. "Just think," says Pam. "Two weeks on antibiotics and you might have a healthy baby." "It's so sad," agrees Suzy. "Right now, there could be thousands of women losing babies and not knowing why."

Antibiotics won't help all of these women, but as further studies are conducted and knowledge about bacterial infections is refined, many more hopeful parents-to-be may go on to happy endings themselves. ■

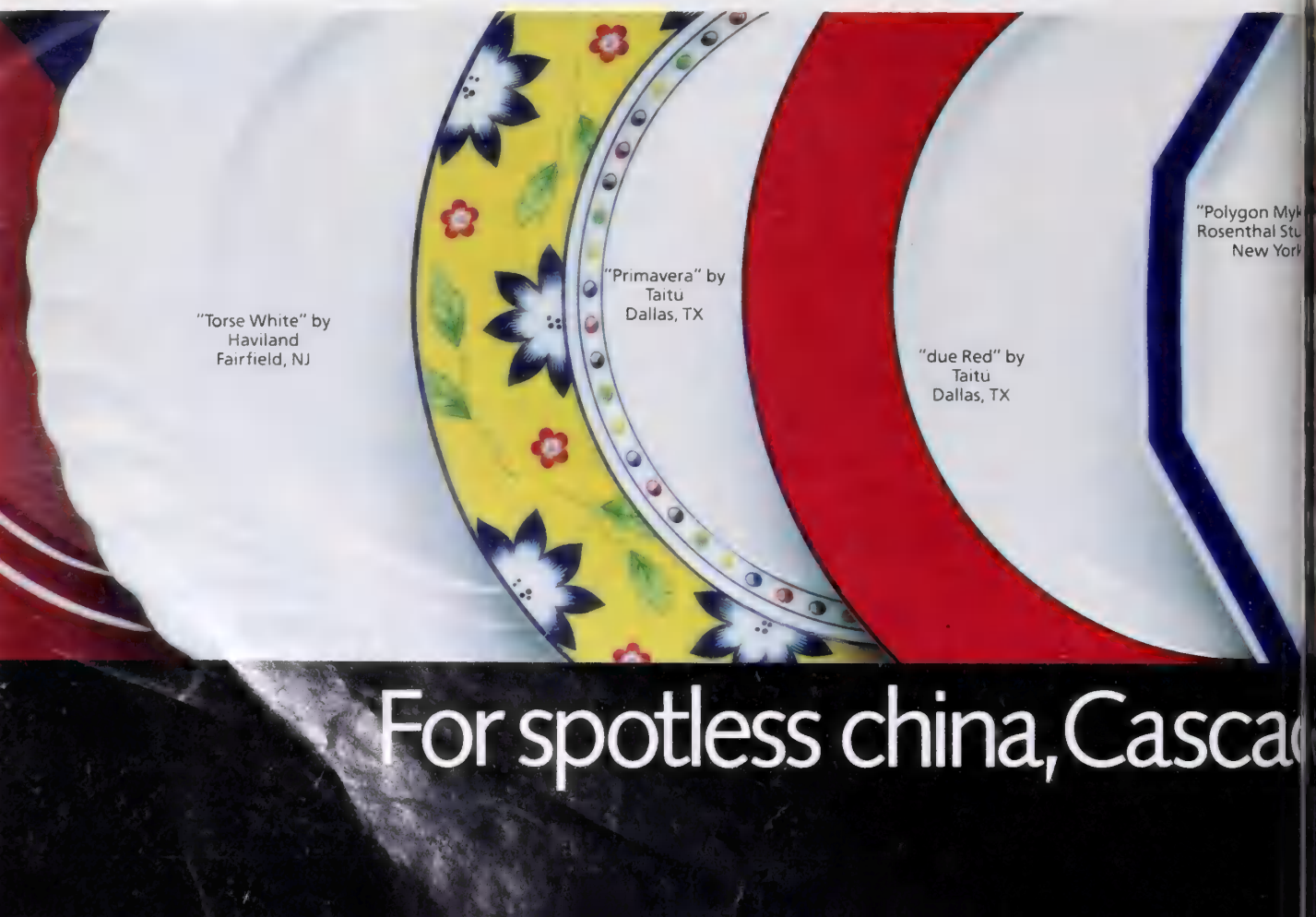
Melinda Beck is a senior editor at Newsweek.

Bacteria and PM

Infertility and miscarriage may not be the bacteria-related problems women face. A Toth, a pioneer in the field, believes t nasty microbes may even contribute to menstrual syndrome in some women. Sy toms of PMS—such as bloating, irritability increased appetite—may sometimes be first sign that a bacterial infection has rea a woman's uterus and ovaries and begu disrupt her hormonal balance.

Recently, Toth studied thirty women w PMS symptoms began after they had sex a new partner, suffered a miscarriage, ha elective abortion or gave birth prematu He treated half with the antibiotic doxycy and half with a placebo. Patients who antibiotics reported that their symptoms minished significantly; those given plac had no such improvement.

Toth says he can't yet say how many sufferers might be helped by antibiotics; ther studies are underway. Still, if your symptoms began after a miscarriage or fol ing sex with a new partner, Toth suggests get tested for chlamydia, mycoplasmas other potentially harmful bacteria.



DIANA'S DOUBLE LIFE

ontinued from page 117

ners, and there may have been a ernal motive behind Diana's ge in companions: The Princess ded to a friend that she didn't t her older son, William, seven, ing news reports of a gadabout n. (She may also have been sobered ensational news stories of roman- etters written to Princess Anne by -ranking royal aide. Although Di- has not commented publicly on the ition, she is said to be "extremely pathetic" toward her sister-in-

ana now holds regular ladies-only ings in Kensington Palace, gath- gs where she can relax among ds—without worrying, as she in public, about the impression makes. One night, the group was iatedly discussing Michael Jack- reported plastic surgery. "I'd like ave *my* conk fixed," the Princess ed in. "It's too big!" But her doc- had advised against it, Diana add- I couldn't go around with my nose andages for days. Also, things go g, and it would be terrible if it ed worse afterward!"

ana does make low-key excursions de the palace with her coterie, but these invariably end in a blaze of publicity. When the Princess arrived at a London theater to see a new musical, she found a man already sitting in her seat. He was eventually persuaded to move, but not before the incident drew the amused attention of the entire audience. And a routine outing to see *Rain Man* turned into a tabloid story when a moviegoer snapped Diana, a woman friend and Major David Waterhouse, a frequent companion of Diana's, as they left a local theater.

The state of the union

Pointedly absent from these expeditions is Charles, who seems to have reached a polite accommodation with his wife: They will appear together whenever they must and stay apart whenever they can.

During an official trip to the Middle East early this year, the couple were cool and businesslike toward each other. There were none of the loving glances or whispered intimacies that they had shared on similar tours just three and four years ago.

In fact, some of Diana's friends say the Waleses, with their sharply differing ages and interests, have grown so far apart that they are becoming cautious about having more children.

And the distance between the couple has drawn the attention even of the serious English newspaper *The Sunday Telegraph*, which writes about the royal family only in the most respectful way. Referring to the rumors surrounding Princess Anne, one article said, "Nothing that the minor members of the royal family get up to would compare with the nuclear holocaust resulting from the breakup of the marriage of Charles and Diana. 'It's got to come, you know,' said a friend of theirs. 'They're just too miserable.' When the Waleses split, it means a constitutional crisis."

That prediction is perhaps a touch too dramatic; after all, most royal couples are not known for their happy marriages, and yet most of those marriages survive. In the 1950s, reports of a rift between Queen Elizabeth and Prince Philip grew so strong that Buckingham Palace felt compelled to issue a statement denying the rumors. And just as Diana and Charles were apart for about six weeks in 1987, the Queen and Philip did not see each other for five months in 1956.

Still, Diana seems unwilling to simply let her marriage deteriorate without making an effort to rekindle Charles's feeling for her. For their seventh wedding *(continued on page 170)*



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DIANA'S DOUBLE LIFE

continued from page 167

anniversary last year, she made a video of herself dancing on the *Phantom of the Opera* stage to the show's romantic love song, "All I Ask of You." (Charles is said to have blushed deeply while watching it, and asked, "Are you sure this is the only copy, darling?")

And when the National Portrait Gallery in London commissioned fashion photographer David Bailey to take a picture of Diana, she made the most of the session. It was just before Charles's fortieth birthday, and Diana had several extra photos taken to give her husband as a present.

Despite their conflicts, Diana and Charles occasionally manage to let their hair down together. One of their most memorable moments: a song-and-dance routine they performed last summer at Balmoral, the royal estate in Scotland, as part of a private show the Queen and her family traditionally put on for each other, their guests and the estate workers. The prince wore a dress and heavy makeup, the princess a scruffy man's suit and hobnailed boots. It was an enormous success.

But a few moments of laughter don't make up for years of indifference, and no one would deny that Diana's marriage is far from happy. Charles has, after all, maintained ties with former girlfriends such as Dale, Lady Tryon. Diana's friends say that the Princess's situation is all the more poignant because she had been determined to avoid a loveless match.

Because it is often inevitable with such a marriage, observers have wondered whether Diana would fall in love with another man and leave her husband or have an affair while remaining married. The time she spent with investment banker Philip Dunne caused a great deal of speculation; it seemed apparent to onlookers that Philip and Diana were attracted to each other and that Diana basked in his attention. (But Dunne has since married, and Diana went to his wedding—without Charles.)

The Princess, who had a sheltered upbringing, may also be trying to make up for her lack of male company before she married; she is madly flirtatious, and she responds to overt flattery. One lovestruck man who chatted with Diana at a party described her as "bewitching, with an innocence that makes you want to protect her."

Mum's the word

But it is highly unlikely that Diana would ever leave her husband, if f other reason than that she is d mined to spare William and Harr agony she herself suffered after parents' divorce.

An unashamedly adoring mo Diana makes no secret of the fact her maternal duties mean more t than her public obligations. W Harry, four, went into the hospita a minor operation, the Princess celed her engagements to stay night with him. And while she w the Middle East with Charles, main topic of conversation was sons. She proudly told everyone met about a note William had sli into her suitcase: "Dear Mummy Papa, I hope you have a lovely tim your tour, but come home soon."

Diana makes it a point to be h on her sons' birthdays, when throws carefully planned parties include cake, sandwiches, jam, own homemade lemonade, and a b tiny wooden toys for each young g (Charles tries to leave a space i own diary to attend his sons' par but he flatly refuses to accom them to restaurants; he was cons ously absent from an expedition year to the Chicago Rib Shack, American-style restaurant in Lond

On the days when Diana finds



ree of public duties, she takes the to school herself and collects them e end of the day. In the late after-, her sons love to roughhouse with Princess, who is never afraid to off her pumps and get on her s and knees to play.

ke many mothers, Diana is pas-tely protective: One day, as she e out of Kensington Palace with am, her car was surrounded by a e of cameramen. Stopping and g down the window, she shouted ly, "Leave him alone. Alone, do hear? How would you like your ren to be treated like that?"

ll, as with all royal children, Wil-and Harry are primarily cared for eir nanny, Ruth Wallace (known tle Harry as "Roof"). One observer Wallace believes in "discipline in l measures": Instead of flying off andle at her young charges' mis-anors, she simply explains why shouldn't behave that way.

lliam will be leaving his nanny's next year to go to boarding school; nd his brother have already been d up for Cothill House, near Ox-Diana would have preferred her to go to day school in London. les prevailed, however, insisting William and Harry will be better they have to fend for themselves in boarding school. But Diana can hardly look forward to her sons' departure; Kensington Palace will be lonely without them, and she and Charles will not have their sons' presence to serve as a buffer between them.

Center stage

Just as she has made some important adjustments in her private life, Diana has made peace with a public duty that once defeated her—namely, speaking in front of large audiences. Defying all predictions, she has finally learned how to give a good speech.

Her five-minute talk on behalf of a children's charity late last year was called "thought-provoking" and "intelligent" by newspapers whose writers normally focus on the Princess's clothes and hair. And as she read the stories at breakfast the next day, Diana gave a small smile of satisfaction.

For help with another speech last May, on alcohol and drug abuse, she turned to filmmaker Sir Richard Attenborough, the director of *Gandhi* and *A Chorus Line*, who had coached her and Charles for a 1986 television interview. Now, Diana imbues her flat vowels with depth and sincerity, glances up frequently, pauses and furrows her brow at particularly emotional points in her speeches.

The charity she addressed, Turning Point, is just one of twenty-nine the Princess is involved with. Ironically, in view of her own marital problems, Diana has just been made patron of Relate, an organization of marriage counselors, and has said that she wants to be able to help couples save their marriages. Says David French, Relate's director, "She would make a good counselor."

Diana has proved herself able to cope as well with unexpectedly difficult, even dangerous, moments in public. When an onlooker lunged at her this spring during an appearance in the north of England, she was deeply shaken but then carried on; after another incident, in which police arrested a spectator with an air pistol, she decided nonetheless to continue with her daily schedule.

Her new depth and poise make it easier to imagine Diana as queen, although that is not likely to happen for several years at least. Once she is on the throne, Diana will probably be as diligent in her commitments as the present Queen and Princess Anne, the member of the royal family that Diana most admires. "She works so incredibly hard," Diana has said.

With Anne's six *(continued)*



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DIANA'S DOUBLE LIFE

ontinued

ired–plus engagements per year, ıa, who averages two hundred fif- ıas some catching up to do. Still, e seems every reason to believe will do so. After all, she has trans- ed herself from a giddy postdebu- e into a sophisticated young royal, she will probably make the transi- from princess to queen look just as

her private life, too, Diana could confound those who think her riage is past repair. She and rles could have another child, just ıe Queen gave birth to Prince An- v after a ten-year gap. For all her ations, Diana still loves Charles; has been infatuated with him since before their first meeting, when was sixteen.

nd royal watchers are quick to t out that in a speech she gave to a l-welfare organization, the Prin- stressed the importance of family mitment and togetherness. In the ing years, it may well be that Di- will achieve in her private life the lities she now extols in public. ■

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THE BROKEN CORD

ontinued from page 110

ude was the tenor of the words I e as we said good-bye. In talking dam, I was full of upbeat confi- e that this was the first rung on ladder of his success.

ut lurking within me was a differ- reaction: Its arms were folded tly, its shoulders were hunched in otent fury. It demanded better for m. It demanded that he not be pe- zed for someone else's crime, com- ed in ignorance or wanton care- ness before he was born.

birthday wish

he morning of Adam's twenty-first nday, I rose early and baked him a , leaving the layers to cool while I e to Hanover to pick him up.

was greeted at Adam's house by s that he had just had a seizure, a ll one this time, but it had left him gy. I helped him on with his coat, to tie his shoelaces, all the while ing about the fun we would have day. He looked out the window. the week before he had been laid rom his dishwashing job, so I tried neer him up as we drove south on familiar road.

o, Adam," I said to him, "do you any older? What's good about g twenty-one?"

He turned to me and grinned. There *was* something good.

"Well," he answered, "now the guys at work say I'm old enough to drink."

His unexpected words kicked me in the stomach. They crowded every thought from my brain.

"Adam, you can't," I protested. "I've told you about your birth-mother. Do you remember what happened to her?" I knew he did.

Adam thought for a moment. "She was sick?" he offered finally. "That's why I have seizures?"

"No, she wasn't sick. She died, Adam. She died from drinking. If you drink, it could happen to you." My memory played back all the statistics about FAS victims and their particular susceptibility to substance abuse.

Adam sniffed, turned away, but not before I recognized the amused disbelief in his expression. He did not take death seriously, never had. It was an abstract concept out of his reach and therefore of no interest to him. Death was no good reason to refuse his first drink. ■

When Adam was sixteen, Michael Dorris married novelist Louise Erdrich. They and their children live in New Hampshire. Dorris is the author of "A Yellow Raft in Blue Water" and is currently at work, with his wife, on a second novel. "The Broken Cord" is his third nonfiction book.

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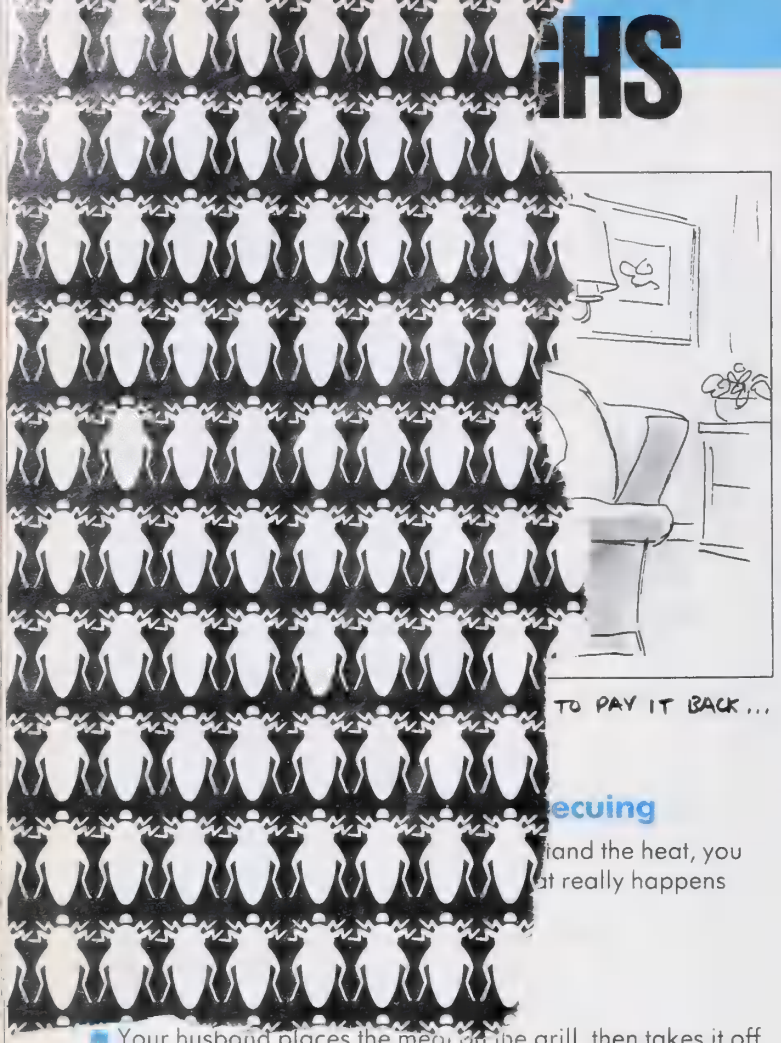
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Out of the mouths of babes

Before we took our four-year-old son to visit his aunt, we gave him stern orders to behave himself. We were there about two hours when he told us he wanted to go home. "I'm sorry, Mom," he said. "I just can't be good much longer." —*Mrs. Ruth Haigh, Alma, WI*

While driving past a country-club swimming pool, my four-year-old pleaded with me to stop so she could go swimming. I told her, "We can't swim here—you have to belong." She then asked, "How long do you have to be?" —*Kathie Obman, Allison Park, PA*

While we were grocery shopping, my six-year-old daughter pointed to a magazine that had Princess Diana on the cover. "Who is that?" she asked. I answered, "That's Diana, the Princess of Wales." My daughter thought a moment and said, "Did we see her at Sea World?" —*Diane Kendrick, Griffin, GA*

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The day seems longer than it ought'er
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When daughter's done, she smiles at me
And says, "Thanks, Mom." I do agree
She's quite a kid—and it must be
Her superior jean-ealogy!

—*Linda Holt*

We'll pay $25 for accepted anecdotes and $50 for accepted poems. Address contributions to "Last Laughs," *LHJ*, 100 Park Avenue, New York, NY 10017. Contributions cannot be acknowledged or returned.



Tom Arma

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Fall fashion: personal style Does your wardrobe reflect the real you? We've got a lineup of in-vogue signature styles plus tips on how to pick the one perfect for you.

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Am I sick or am I tired? Do you feel fatigued even after a full eight hours' sleep? The cause could be anything from no exercise and a poor diet to depression or an undiagnosed illness. Find out how to get back your get-up-and-go.

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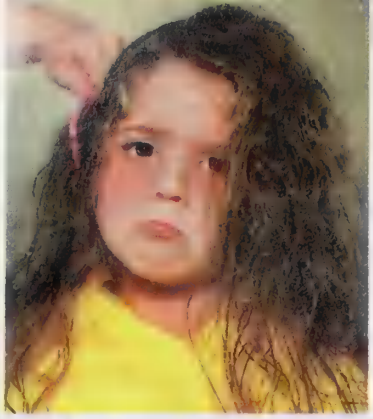
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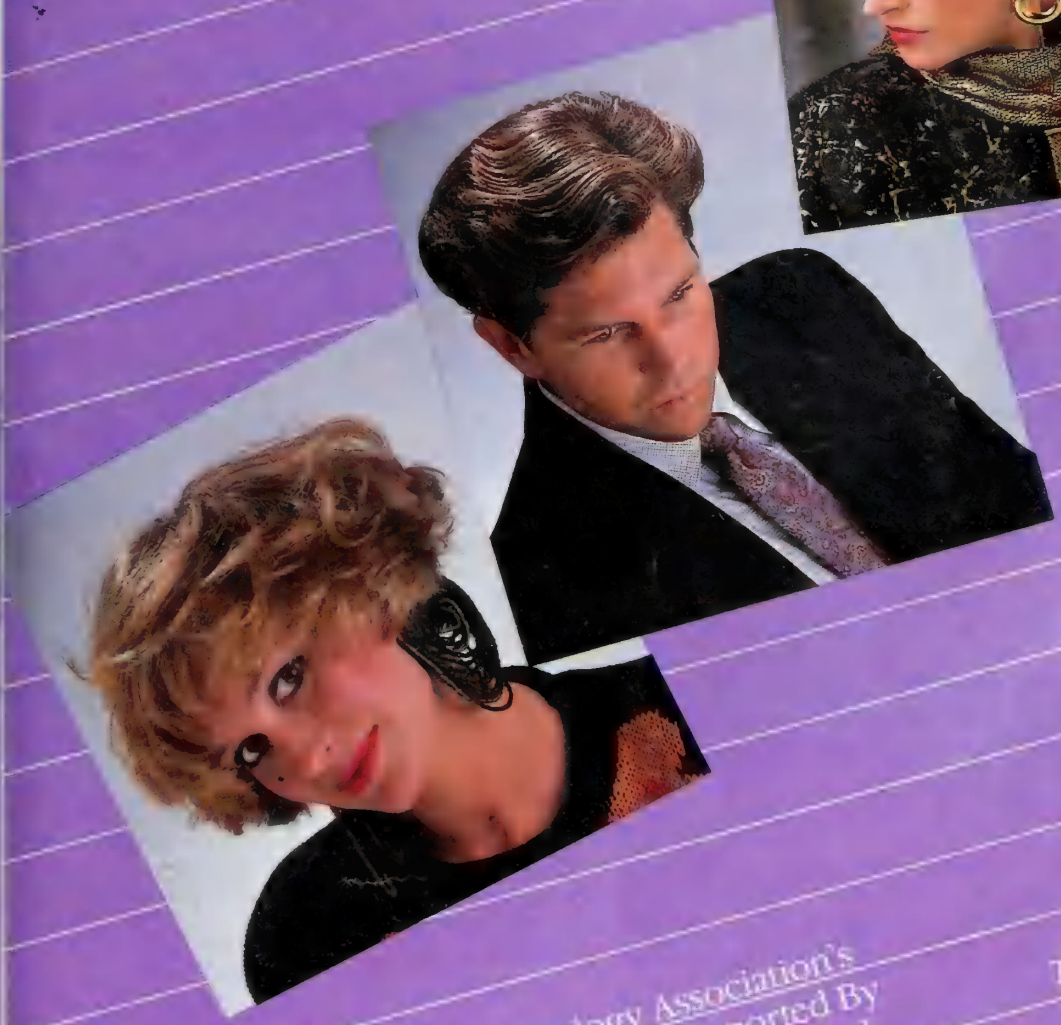
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EDITOR'S JOURNAL

By Myrna Blyth



JOURNAL PEOPLE

PART OF WHAT MAKES A MAGAZINE SPECIAL ARE THE people who produce it month after month. At *LHJ* we're fortunate to have very special, very talented and very enthusiastic people.. For example, Beauty and Fashion Editor Lois Joy Johnson, who has been with *LHJ* for seven years and *always* knows what's in style, is responsible for our highly informative, great-looking beauty and fashion pages. Wait till you see this month's knockout pictures of an all-grown-up Brooke Shields, plus Lois's fall fashion report. Creative Director Tamara Schneider has been with the magazine for eight years, while Food Editor Jan Hazard has been stirring things up in our kitchen for thirteen! (They came on staff as children!) Recently, Jan and Tamara went to Disney World to produce this month's delightful "Mouseketeer cookie book." We're always proud of Jan's Food Journal pages, while Tamara's insights help *LHJ* sparkle in many ways.



Always in style, Lois Joy Johnson; Jan Hazard and Tamara with friends; Arnold and Winnie Palmer, making a dream come true

Tamara and Jan told me they were working too hard at Disney World—tasting brownies and keeping Mickey cheerful (of course, that's *work*)—to visit a certain Florida resident and longtime friend of *LHJ*, Contributing Editor Arnold Palmer. I'm proud to report that this month in Orlando the new Arnold Palmer Hospital for Children and Women will be opening. It's one of the few hospitals in this country that is solely for women and children. Arnold told me the hospital will provide its patients with the newest and best gynecological, obstetrics and pediatric treatment as well as thoughtful, attentive care. Golf great Palmer has been helping children for many years as chairman of the March of Dimes. "Now," he says, "having this hospital to help mothers and kids is like a dream come true for me."

See what I mean when I say special people work for the *Journal*—people who are talented, dedicated, caring. Best of all, they are darn nice people, too—and they all hope you enjoy our splendid September issue.

READER CALL-IN DAY

This month it's Wednesday, September 6, from 1 to 4 P.M. Eastern time. Remember, the call's on you. At the phones: Health Editor Nelly Edmondson Gupta and a dermatologist, 212-351-3680; Associate Food Editor Susan Sarao, 212-351-3681; Managing Editor Mary Mohler, 212-351-3684; Associate Beauty and Fashion Editor Susan Parkes, 212-351-3682; and Associate Articles Editor Pamela Guthrie O'Brien, 212-351-3683.

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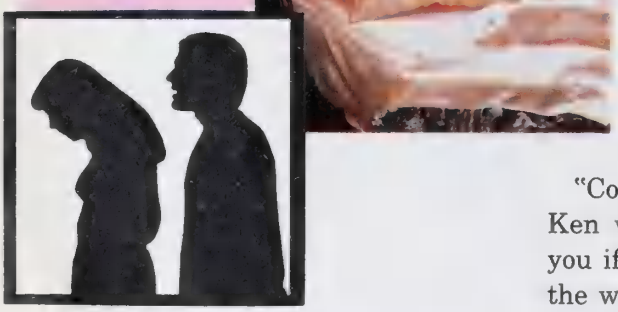
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"My husband can't make love"



For twenty-six years, Laura and Ken had a wonderful sex life. But now something was very wrong—and their search for an answer was driving them further apart

By Margery D. Rosen

Introduced thirty-six years ago, "Can this marriage be saved?" is the most popular, most enduring women's magazine feature in the world. This month's case is based on interviews with clients and information from the files of Helen Crohn, C.S.W., a counselor in private practice in New York City who is affiliated with the Jewish Board of Family and Children's Services. The story reported here is true, although names and details have been changed to conceal identities.

Laura's turn

"IT'S VERY HARD FOR ME to talk about my sex life with a stranger," said Laura, forty-four, a striking woman who sat forward in her chair as she spoke. "It's such a private thing. But I love my husband very much . . . and I want our marriage to be the way it was. I hope you can help.

"Counseling was my idea. Ken would never have called you if I hadn't insisted. That's the way he is . . . Ken brushes problems under the rug. Even now, he'll probably tell you things aren't so bad.

"But there's no question this is tearing us apart. We are fighting more than we have in our entire marriage because Ken can't sustain an erection. And I have to say it isn't a once-in-a-while thing. This has been going on for nearly two years. I'm at my wit's end.

"You see, we've been married for twenty-six years, and sex has always been a very important part of our lives. I met Ken when I was only fifteen; he was seventeen. We were doing volunteer work at the community center. We started dating, and as soon as Ken graduated from college, we were married and he began teaching English at the local high school. Two years later I finished my degree and became pregnant with our first child.

"Over the years, we've raised three terrific kids—of course, there have been rough times along the way. Our youngest, Greg, who's eighteen, was born with a clubfoot. He's fine now, but you can imagine how hard it was dealing with one specialist after another. The point I'm trying to make is that through all the years of bringing up kids, when you read about people not having time for sex and their lovelife fizzling, ours was fine. That's why it's so difficult to figure out what's wrong now.

"Of course, with a man like Ken it's always difficult to know what he's feeling, and hard as I try, I can never get him to tell me outright what's bothering him. This problem he's had recently with the school board is typical.

"Ken is a wonderful teacher, and he's been *(continued)*

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CAN THIS MARRIAGE
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acting as assistant principal for several years. About two years ago, the principal retired. Now, Ken was the ideal candidate for the job. In fact, they pretty much promised he'd get it. But the school system is so political, and people on the board threw a monkey wrench into the process. It was awful, and Ken had to fight for himself. After months of wrangling, they gave the job to someone else.

"Ken didn't even tell me right away. I found out from one of the other teachers. And when I asked him about it, he just shrugged and said, 'Laura, it doesn't really matter. We'll manage.'

"I know he was torn up by it. He'd worked hard his whole life—Ken's family was very poor. He put himself through school, getting honors all the way. As usual, though, he pretended everything was fine. And when he does that, I always feel so closed off. Doesn't he want to share things with me?

"We're such opposites in that respect. I worry a lot, and it helps me to talk things out. But whether it's a problem one of our kids is having in school or an argument I've had with my mother, I often feel Ken just doesn't want to hear about it. I start to talk, and he tunes me out. The best I ever get is, 'Laura, I'm sure you'll work it out.' I get so angry that before I know it, I'm yelling my head off.

"You know, I've always had a sense that Ken's there for everyone except me. He's a very generous man, very involved in the community. You name a committee or board and he's on it—probably as chairman. Everyone knows they can count on Ken to help out if they have a problem.

"So why has it taken him so long to get around to doing something about his own problem? Ken just makes up excuses instead of seeking help. He'll bring up our vacations in Vermont last summer and the trip we took to Mexico last Christmas to prove that there isn't really anything the matter. Yes, sex was great on both those trips, but as soon as we got back home . . .

"In fact, lately, sex has become a major ordeal for me. I've started to dread it. It's frustrating, not being able to let myself go and enjoy it, but how can I? I never know if Ken will be able to make love or not. And when he can't, I feel so unsatisfied, so alone, I want to cry.

"I guess, after all these years, Ken isn't attracted to me anymore. I don't think he's having an affair or anything, but I know I'm not as thin or pretty as I used to be. Last Valentin Day, Ken bought me these flim nightgowns and teddies; I know thought it might give our lovelife boost, but to tell you the truth, I f very silly wearing them. And none that stuff ever mattered before, what difference can it make now?

"You know, we've been through a together. I guess we'll get throu this, too. But we're at this impas Everything is so confusing, I do know what to expect."

Ken's turn

"I'm tired of having sex be the sword Damocles hanging over my head," s Ken, forty-six, a handsome man w spoke in a soft, deliberate way.

"I'm perfectly aware that I hav problem. And I'm also sure I'm a more uncomfortable being here cussing all this than she is.

"Look, I may not talk about it, bu think about sex plenty. I'm not used having a problem and not being able solve it. But Laura is exaggerati When we're on vacation, when we away, sex is super. Last year in Mex we had night after night of terrific s I don't get it. Same plumbing.

"But what's this business about not being there for her or talking her about problems? Laura is a v bright, capable woman. She knows actly how to handle any situation, ways has. It's not that I don't care; simply doesn't need my help.

"Look, I've never said this bef but sometimes Laura carries on much, discussing every minute an of whatever is bothering her, tha just can't take it. If I didn't tune out, frankly, I think I'd go batty wish she wouldn't yell so much, but that's just the way she is.

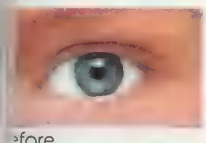
"And how can she say I'm more volved with other people than I with my own family? For years, worked hard, sometimes at two jobs we could have a nice home, raise th kids, send them to camp. When G had to go to the doctor because of foot, I took off from school to go. W does Laura want?

"This constant arguing is wear me down, too. My parents fought a and though it was mostly about m ey, I swore that in my own house, would never have such conflict.

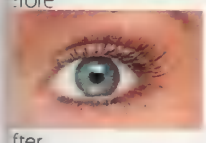
"Besides, lately I've had to deal w more than my share of fighting. Laura mentioned, I've been hav some difficulties at school. I was up a principalship, which I thought I served, but I didn't get it. Unfortuna ly, the whole process dragged on fo long time, and there was nothin could do about it. It (continu

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CAN THIS MARRIAGE
continued

wasn't that I didn't want it or wasn't upset that I didn't get it, but what good would it do to lose my temper after the fact?

"Right now, I'm not sure what I'm going to do. Should I keep on working at my same old job? Should I look for another one? I guess I could do some consulting; several people have approached me about working for them, but I don't know if I'll be able to make enough money doing that. I hate this feeling of being in limbo. But look, we'll work it out, we always have.

"I'd like to think we can work out this sex thing, too. I feel terrible that Laura is so unhappy with me. She's a wonderful wife, and she deserves better. But sometimes when I start to kiss her, she pulls away. Wouldn't that get any guy upset? Other times, I can tell she's just not into it. If the phone rings, she'll even get up and answer it, and by the time she's finished talking, well, forget it. My desire is gone, and it's impossible to continue. So I figure it's best to just get up and focus my mind on something else.

"But it's gotten to the point that every time I touch her, I'm terrified I won't get an erection. I find myself thinking about it all day. I tell myself, 'Tonight, it'll be different. Tonight, we'll try something new.' I even bought Laura some sexy nightgowns, but that didn't do any good.

"Still, all I want is for Laura to be happy. I don't want to let her down, and I hate it when she's this mad at me. So I'm hoping you can help."

The counselor's turn

"Ken and Laura knew intellectually that fighting about sex could only make things worse, but they were still unable to stop," said the counselor. "I wasn't surprised. No matter how well-read a couple is on sexual matters, impotence is such a volatile issue—reaching, as it does, to the core of a person's self-image and self-esteem—that many couples find it extremely difficult to deal with on their own.

"Impotence is usually psychological in origin, but it's important to rule out any physical causes. Structural or hormonal abnormalities may be responsible. So I suggested that Ken see his doctor for a complete physical.

"Once Ken received a clean bill of health, we discussed some facts about impotence in general. First, I explained that certain changes in sexual responsiveness as one ages are perfectly normal. A man in his forties may need more stimulation to achieve and maintain an erection than he d in his twenties. Medication, such the kind many men take to lower the blood pressure, can also affect sexu responsiveness.

"But by far the single most comm cause of temporary impotence is stre such as Ken had on his job. Som times, simply recognizing that fact c go a long way toward reducing an ety. But unfortunately, one episode impotence often shakes a man's con dence so much that it becomes a se perpetuating condition.

"That's precisely what was happe ing to Ken: Unable to find a soluti on his own, he felt ashamed and dwelled constantly on his failure. didn't link my problems in bed to r problems at school,' Ken admitted du ing one session, 'but that's probab why things were better when were on vacation. . . .'

"Interestingly, the fact that Ken a Laura were finally talking about the problem in a nonjudgmental atm sphere was an enormous relief to bot As often happens, this initial recogn tion was followed by a honeymoon p riod of several weeks in which the sex life was mutually exciting. Son couples stop therapy at this poi However, I reminded Ken and Lau that there had been other times duri their marriage when sex had been fi for a while, only to have the impoten resurface, and I suggested they rema in counseling to determine what fa tors might be contributing to their d ficulties. They agreed.

"Since Ken and Laura had been ma ried such a long time, their life togeth had a much greater impact on their cu rent problem than their early bac ground did. So we concentrated on h they had developed a pattern of relati to each other that discouraged hone communication. For instance, Ken ten ed to avoid conflict—if Laura had pro lems at home or if he had them at wor he kept his own counsel. This great upset Laura, who not only felt exclud but also liked to deal with her own an eties by analyzing everything.

"What's more, Ken so keenly felt t need to be a good husband and provi er that over the years he had com pletely lost his ability to assert hi self. Since he truly believed he didn deserve much happiness, Ken had learn what I call healthy selfishness that it was okay to express his ow needs and desires, in bed or on the jo At the same time, however, he had heed Laura's concern that he wasn there for her emotionally. By expec ing her to read his mind about pro lems in their relationship, he was a tually pushing her away.

"Quick to anger, Laura *(continue*

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CAN THIS MARRIAGE
continued

had to realize that you can't force so one to communicate. As she learned control her temper and to talk calm about something that bothered her, H started to speak up more in general. finally admitted how unhappy he was work, and after some discussion, he cided to take an early retirement fi his teaching post to accept a more luc tive consulting job at an educational search foundation.

"This decision was a turning po for Ken and Laura. Now that Ken w no longer burdened by concerns ab his future, the tension at home ea considerably. This allowed them start talking honestly about their s ual feelings for the first time.

"As Laura described how abando she felt when he couldn't make lo Ken finally understood how frustr ing sex had become for her. Because was so upset by his impotence, H had gotten into the habit of abrup ending their lovemaking sessio leaving Laura hurt and unfulfill With only harsh words and little c cussion between them, it was not s prising that Laura started to withdr sexually as well as doubt her o physical attractiveness. My next s was to give them homework assi ments designed to make sex a tr communicative experience.

"First, I instructed them to set as time at least twice a week to show together, to massage each other w lotion or oil, to fantasize together they wished. They had to abstain fr intercourse for the first week. I urg them instead to talk to each oth about what pleased them as well as focus on their own sensations and joy of being together without worryi about performance.

"During the second week, I t them they could have intercourse o if they both wanted to, but they w to incorporate their massage a shower techniques.

"These exercises proved very s cessful; Ken and Laura realized tha Ken lost his erection one night, it w not the end of the world nor did signal a major problem. This ga them the confidence to vary their lo making; Laura learned how pleas able it could be to try new sexual te niques or to wear a sexy nightgown her husband asked her to. Ken learn that instead of leaping out of bed if was unable to have an erection, could satisfy Laura in other ways.

"After thirteen months, Ken a Laura ended counseling, thrilled w their success and confident that th can solve any future problems."

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Fighting for two lives

I was five months pregnant with my first child and could hardly wait to become a mom. Then I learned the devastating news—I had cancer

By Marisette L. Edwards

Ever since I was little girl, I wanted to have a baby. At age twenty-five, I learned that I was about to get my wish.

When my pregnancy test came back positive in July 1985, my husband, Dave, and I were thrilled. This would be the first grandchild in either of our families, and all our relatives were as excited as we were.

However, in my fifth month, I started to notice that my right arm just below my shoulder was very sore. At first, I figured that I had strained it while exercising. But soon the pain became so severe that I had trouble typing on my computer terminal at work (I'm a systems analyst). Finally, I went to the doctor. She thought that I had tendinitis or a strained muscle.



The author with her husband, Dave, and their little boy, Ian. The couple once despaired of ever having a family

But two weeks later the pain was worse. Then one morning in the shower I noticed that my right arm seemed misshapen. I touched it and felt a lump. Panic-stricken, I yelled for Dave. When he felt it, too, I started to get hysterical. Thoughts of cancer, chemotherapy and amputation ran through my mind.

I called the doctor, and she told me to come in right away. After examining X-rays of my arm, she said that there was a 99.9 percent likelihood that the lump was a benign cyst. Nonetheless, she recommended that I have it checked by a surgeon, since it was causing me so much pain.

The surgeon I visited also thought that the lump was benign. He explained that he could operate to remove it but that the procedure would have to be done under local anesthesia because of my pregnancy. (Surgery under general anesthesia is not recommended for pregnant women.)

I was admitted into the hospital on December 4. The hour-and-a-half-long surgery was tedious and painful.

I stayed home the next day to recuperate. The pain was gone, and I was feeling much better when the surgeon called. "The lump was not as innocent as we thought," he told me. "The pathologist found some abnormal cells in the tissue. You'd better discuss this with your family doctor."

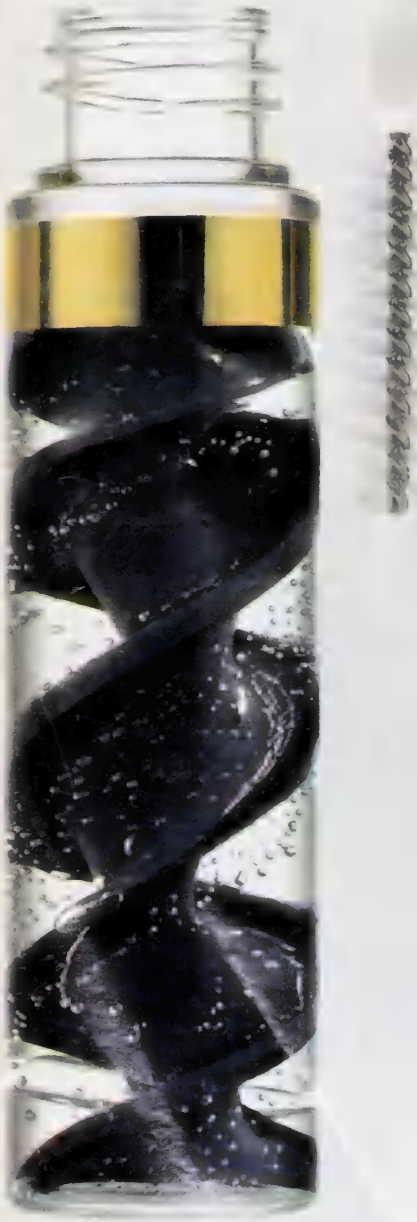
Dazed, I hung up the phone. Did this mean I had cancer? But the chances were one in a thousand! And what would happen to the baby? I called Dave, a remodeling contractor, *(continued)*

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A WOMAN TODAY
continued

at work, sobbing as I told him.

"I'm leaving right away," he said.

While I was waiting for Dave, my family doctor called. "Do I have cancer?" I asked her straight out.

"Yes," she told me gently. She explained that she had talked to an oncologist as well as my obstetrician, and they all agreed that I would have to undergo more extensive surgery (to check whether the cancer had spread to the surrounding tissue), as well as radiation and chemotherapy. The baby would probably have to be delivered prematurely. I burst into tears again.

When Dave came home, we simply held each other. If it came down to a choice between my life and the baby's, how would we make such an impossible decision? Tearfully, Dave said my life would have to come first—we could always have another baby, but he couldn't face the thought of raising our son or daughter without me. As he spoke, I felt the baby moving inside me. How can we give up our child? I wondered in despair.

Later that afternoon, our family doctor called back to say that discussions with all the experts involved had resulted in a new plan. The pathologist who had diagnosed the tumor didn't think it was the fastest-growing kind of tumor, and the radiation and chemotherapy I needed could be dangerous for the baby. Therefore, the oncologist felt, it would be okay to wait the fourteen remaining weeks of my pregnancy before proceeding.

I had mixed feelings about this plan. I was glad that the physicians didn't think that the cancer was immediately life-threatening, but it worried me not to have any treatment at all.

The next day my doctor told me about a specialist who treated pregnant women who have cancer. He was the chief of surgery at Magee-Womens Hospital, in Pittsburgh, and he had an excellent reputation. She made an appointment for me to see him.

Dave and I met with the cancer specialist on December 10. He told us that I had a relatively rare form of cancer called fibrosarcoma (after further testing, it was later rediagnosed as synovial cell sarcoma, a similar type of cancer). The biggest danger with sarcomas, he stressed, was that they could metastasize (spread) to the lungs. Once that happened, a cure was almost impossible. There were doctors who advised amputation for this kind of cancer, but he wanted to avoid that if at all possible. Although he might have to sacrifice some nerves and veins in my arm during surgery, he would try not to touch the main arte or the nerves that allowed me to mo my hand. As I listened to all of t terrifying information, I felt numb.

The doctor then told us that beca of my pregnancy, there were th ways we could choose to proceed. Fi I could have an abortion and then i mediately undergo the surgery, rad tion and chemotherapy. Second, could go through the surgery and p sibly the radiation therapy while s pregnant, then have the baby prer turely by caesarean section before dergoing chemotherapy. However, warned, a premature infant could s fer medical complications, includ respiratory distress. There was a some danger that I might go into la during the surgery or that the ba might be harmed by the radiation. nally, I could wait two months, which time I'd be thirty-five we pregnant, have a C-section and t begin treatment. That would give baby the best chance for survival, my cancer might spread.

Dave and I didn't consider abort an option, but the other two choi were almost as bad. There was eve possibility that radiation could ca infertility, so we might not be able have another child.

The doctor told us that consider the circumstances, he thought the s ond option was the best. He gave the name of one of the few radiat oncologists in Pittsburgh who wo agree to treat a pregnant woman.

The radiation oncologist explai that for the baby, radiation treatme could mean a slightly increased risk childhood cancer. For me, undergo treatment as soon as possible mi save my life. Our choice seemed cle We'd have to risk the surgery and radiation while I was still pregnan give both the baby and me the b chance of survival.

Once our decision was made, thi moved quickly. The operation was p formed on December 19. A few ho later I was back in my room visit with my family and friends when doctor came in to tell us that h found only one microscopic patch cancer in my arm. We were all v relieved—my dad even cried.

During the next six weeks I went radiation treatments every weekd To shield the baby, a specially c structed metal table was placed o me. The technicians then put six b of lead, each about two inches thick top of the table. Detection met showed that the baby was getting l radiation in a week than he or would in one or two weekly chest rays. Dave and I began to feel w made the right decision. *(continu*

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A WOMAN TODAY
continued

Thirty treatments later, my underarm was burnt raw, but I was only five weeks from my due date. An ultrasound showed that the baby weighed over five pounds, which meant that he or she wouldn't be dangerously premature. My obstetrician even decided to try to deliver the baby vaginally after administering drugs to induce labor.

I went into the hospital on Wednesday, February 19, hardly able to contain my excitement. But my body resisted the labor-inducing drugs. For the next two days I had contractions on and off. Finally, on February 21, after another dose of medication, labor began in earnest. I was exhausted and drifted in and out of consciousness. But a sudden flurry of activity woke me up. Both my heartbeat and the baby's were speeding up, and I was running a fever. The obstetrician decided to do an emergency C-section.

During surgery, I lay on the table, shaking, with Dave at my side. Finally, the doctor announced, "It's a girl!" I was overjoyed.

Dave held her up for me to see. Her beautiful little face peeked out from the blankets. But I didn't dare touch her because I was shaking so much.

The baby began to have trouble breathing, and the nurse took her down to the neonatal intensive care unit (NICU). At first, the doctors thought she had hyaline membrane disease, a lung condition many preemies get, and they put an oxygen hood over her head to help her breathe. Dave went down to visit our daughter and came back with pictures of her that a nurse had taken for us. "She's so beautiful," he kept saying in awe. We decided to name her Gwynne Elizabeth.

Then I was taken back to my room, and Dave returned to the NICU. While he had been gone, Gwynne had turned purple and was having even more difficulty breathing. But worst of all, tests showed that she had a low white-blood-cell count. Instead of hyaline membrane disease, she had group B streptococcus, a massive infection that her tiny body was unable to fight. It was not believed to be related to my cancer, the radiation or her prematurity; in fact, its cause was unknown. The chances of an infant's getting it were about three in a thousand.

Dave came back to break the news to me. We clung to each other, praying that she would have the strength to fight. Finally, about three hours later, Gwynne's doctor came to see us. He told us that they'd done everything in their power but that it didn't look like she was going to make it.

I was devastated. I wanted to l with my daughter, and a stretcher w eventually brought to my room. But t the time Dave and I got to the elev tor, the doctor was waiting for us, loo ing very upset.

"She died," I said, starting to cry.

The doctor nodded.

We wanted to say good-bye, so nurse brought her to us. Dave and cried as we stroked Gwynne. It ju didn't seem possible that our baby h been taken from us after everythi we'd been through.

We buried our daughter six days a ter she was born. Dozens of friends a relatives took the day off from work be with us; my grandmother ev came from Holland. But all I could cus on was Gwynne's tiny coffin.

We were emotionally drained everything that had happened, but still had to cope with my illness. Da and I decided that instead of feeli sorry for ourselves, we would chann our energy into my recovery.

I began chemotherapy at the end March—seven treatments in all, o every four weeks for six months. I w always very sick after the chemo a would sometimes throw up. The na sea lasted for days, yet I managed keep working. I lost most of my ha and had to wear a wig. Fortunate my periods remained regular, so were hopeful that when it was all ov we could try to have another baby.

I had my last treatment in Septe ber of 1986. The doctors told me th they considered me virtually cure Dave and I were ecstatic, althoug still have to reach the five-year ma an important milestone in cancer covery, to make it official. Then, fo months later, we discovered that I w pregnant! And on October 1, 1987, o son, Ian Kirk, was born. He weigh nine and a half pounds and was pe fectly healthy and beautiful. He h brought us more joy than I'd ev thought we could feel again.

Although I'm sometimes afraid th the cancer will come back, I've tried use my illness in a positive way. La year, I became a volunteer for the Ca cer Guidance Institute, in Pittsburg which helps patients cope with t emotional impact of cancer.

Today, Dave and I try not to wo about the future. We've learned t hard way that there are no guarante in life. We simply enjoy the go things we have—one day at a time.

For more information about the Can Guidance Institute, write to them 5604 Solway Street, Pittsburgh, 15217. To find a cancer support gro near you, call the National Coalition Cancer Survivorship at 505-764-99


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How to set your morale soaring? Count on September's new and noteworthy ideas for unmistakable style

loser take all!



Do you know anyone who lost 145 pounds? Neither did we, until we met *Journal* reader Irene Newcomer, a twenty-eight-year-old from Mentor, Ohio, who wrote to us asking for a makeover to complement her newly svelte body. Irene's weight went out of control five years ago, after the birth of her son. The day she tipped the scales at 280 pounds she headed for Weight Watchers. With determination and lots of positive reinforcement Irene reached her goal in just twenty months. Now she sticks to healthy foods and loves exercise (aerobics are a daily ritual). In fact, she looks so fabulous that a friend was fooled—she thought Irene's husband was seeing another woman! Irene was so inspired by her success she's training to be a Weight Watchers counselor.

Confident she's a knockout, Irene steps out wearing a bright yellow jacket over a slim black skirt. Black hose and black suede pumps extend the long, lean line. Jacket by Emmanuelle Khanh, Paris; skirt by Alain Manoukian.

▶

moisturizer match-up

Unsure about which moisturizer is right for you? We surveyed the latest products and discovered a slew of new formulas that zero in on specific skin problems and do more than just moisturize.

IF YOUR SKIN IS OILY/ACNE-PRONE: Many complexions remain oily long after the teenage years. Although heredity is a factor, stress, hot weather or pregnancy can cause breakouts in skin that's usually trouble-free. Oily skin still needs a moisturizer to guard against water loss; choose one that's **oil-free** and **noncomedogenic** so it won't clog pores. Three to try:



■ Prescriptives Blemish Control Skin Clearing Moisturizer. Nonacnegenic, contains benzoyl peroxide, $25/1 oz. ■ Clarion Protective Moisturizer. SPF 6, PABA-free, $7.50/3 oz. ■ Avon Pure Care Oil-Free Moisturizing Lotion. $10/2 oz. **IF YOUR SKIN IS DRY TO VERY DRY:** You need a moisturizer that balances **humectants**, which attract water, and **emollients**, which lock in moisture. Even the most richly emollient moisturizers are newly lightweight, and many provide UV protection. Revive the dryest skin with: ■ Nivea Visage Facial Nourishing Lotion or Creme. SPF 5, PABA free, vitamin E and aloe-enriched, $6.99/ 4 oz. lotion or 2 oz. creme ■ L'Oréal Plenitude Active Daily Moisturizer. With UVA and UVB sunscreens, $7.50/1.7-oz. jar ■ Chanel Hydra-Systeme Maximum Moisture Lotion or Cream. SPF 8, PABA-free, nonocclusive, $30/1 oz. lotion; $35/1 oz. cream. Another option for dry skin: a night cream designed to assist skin regeneration while you sleep. The following products moisturize without feeling oily: ■ Ultima II Megadose. A water-base gel with tiny hydrating beads, $40/1.65 oz ■ Lancôme Noctosome Renewal Night Treatment. $42.50/1.75 oz. ■ Coty Overnight Success Active Strength Cream. $10/2.75 oz. **IF YOUR SKIN IS SENSITIVE:** According to the experts at Oil of Olay, 24 million women over age eighteen consider their skin sensitive all or most of the time. If your skin is easily irritated, you want a moisturizer labeled **hypo-allergenic** or **non-irritating.** Other terms you should look for are **dermatologist-tested** and **fragrance-free.** Try: ■ Neutrogena Moisture SPF 15 Formula. PABA free and tinted, $10.50/4 oz. ■ Oil of Olay Sensitive Skin Beauty Fluid. $5/4 oz. or $7/6 oz. **IF YOUR SKIN IS SAGGY AND LINED:** Count on a **firming** moisturizer with humectants to plump up skin. Look for: ■ Revlon Anti-Aging Firmagel Moisturizer with Sunscreen. SPF 6, hypo-allergenic, $15/2 oz. ■ L'Oréal Plenitude Wrinkle Defense Cream with amino-biological compounds, $10.50/1.4-oz. jar, to be used with L'Oréal Plenitude Firming Serum Concentrate, $15/1 oz. ■ Revlon Clean & Clear MoistureFirm Facial Treatment. Noncomedogenic, fragrance-free, $4.95/1.8 oz. or $6.59/ 4 oz.

LHJ'S SPA GETAWAY WINNER

Congrats to Kristin Alexandre from NYC, who won a retreat to Canyon Ranch, in Tucson. Her winning de-stressing tip? She escapes to the bookstore and reads about the lives of Liz Taylor and other celebs—which reminds this harried mom of three that other people's problems are *much* worse!

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L'eggs Sheer Energy®/LHJ best on-the-go legs contest

Got great gams? If they're as memorable as these celebrity legs (try to guess whom they belong to; answers are at the bottom of the page), you could walk away with $5,000 for a fabulous shopping spree! Just send us two recent head-to-toe color photos that show your legs, and let us in on your best tip for maintaining toned, shapely legs. Judging will be based on overall appearance, body proportions and muscle tone. Five semifinalists will win a trip for two to New York for three days (transportation, lodging and meals are included), a salon leg wax and pedicure, and a year's supply of L'eggs Sheer Energy® pantyhose. Each of the four runners-up will receive $1,000 for a shopping spree. So get a leg up and enter today! (Contest rules are on page 222.)

(1) Jennifer Grey, (2) Madonna, (3) Carol Channing, (4) Liza Minnelli, (5) Ann-Margret, (6) Shirley MacLaine

BEST ON-THE-GO LEGS ENTRY FORM

Tell us in fifty words or less on a separate sheet of paper, "My best tip for maintaining toned, shapely legs is . . ."

Name (please print clearly) _____

Address _____

City _____

State & Zip code _____

Contest region _____

Phone number _____

Date of birth/Present age _____

Height _____ Weight _____

Occupation _____

ENTRIES MUST BE RECEIVED BY NOVEMBER 1, 1989

SEND ENTRY TO: Best on-the-go legs, P.O. Box 3490, Monticello, MN, 55365-3490

ENCLOSED ARE: Two recent head-to-toe color photos (you must be wearing a knee-length or shorter skirt, shorts or a swimsuit) and proof of purchase from L'eggs Sheer Energy® pantyhose.

LHJ's exercise video review

We sweated through a slew of videos just for you—here's our pick of today's most fun, most effective fitness tapes



The Greggains Plan

60 minutes, $24.95

Sneak preview An easy-to-follow high- and low-impact aerobics class led by Joanie Greggains. Exercise safety, proper movements and fat-fighting tips are included. Joanie leads a class of three; two do a less-advanced version.

Aerobics Low-impact moves using arms and knee bends are followed by a low/high impact fat-burning workout. Movements are easy and fun.

Muscle toning Twenty-four minutes of upper-body work with weights and floor work for thighs and abdominals.

Best candidates Intermediate exercisers will enjoy this workout. Beginners can also use this video as long as they work at their own pace.

The Firm—Volume One

60 minutes, $49.95

Sneak preview A total-body sculpting class using 3- to 5-pound hand weights and 1- to 2-pound ankle weights. The workout, led by super-firm Susan Harris, is rigorous—but hang in there for great results. The music is motivating, and the workout is followed by a fitness Q and A.

Aerobics Twenty-one minutes of jogging, jumping jacks, knee lifts, lunges and upper-body toning with weights.

Muscle toning Twenty-eight minutes of floor work for the upper body, inner and outer thighs, buttocks and abdominals.

Best candidates Intermediate and advanced exercisers.

Danceaway—Hits from the 80s

29 minutes, $19.95

Sneak preview A low-impact class set to eighties music, with songs by Aretha Franklin and Belinda Carlisle. You may have to view this a few times to get all the steps, but you'll have so much fun dancing you won't care if your moves aren't perfect.

Aerobics A twenty-minute segment divided into several routines, each accompanied by a different song. Steps are based on eighties-style dancing plus low-impact moves. Intensity increases with each song.

Muscle toning No specific muscle work is done in this video, so you may want to supplement it with weight training.

Best candidates Beginners and intermediate exercisers.

The Best Fat Burners

28 minutes, $14.95

Sneak preview A high-impact class taught by instructors who provide hints on getting the most from the workout. The music is upbeat.

Aerobics This is a very intense sixteen-minute section beginning with low-impact moves. The high-impact segment consists of jumping jacks, side-to-side lunges and running in place.

Muscle toning This workout contains no muscle toning, but it can be supplemented with another video in the series—*Toning the Total Body*, a thirty-minute firming workout.

Best candidates Intermediate and advanced exercisers.

Balanced Fitness Workout

58 minutes, $39.95

Sneak preview A two-part video—one aerobics class and one muscle-toning class—created by Dr. Art Ulene of the *Today* show. The two programs can be done consecutively for a total workout—or on alternate days. Instructor Tamilee Webb is energetic and enthusiastic.

Aerobics Program I contains sixteen minutes of aerobics—the combination high-impact/low-impact routine is fast-paced and set to inspiring music. Program II has no aerobics.

Muscle toning Program II concentrates on muscle sculpting and flexibility exercises for stomach, thighs and upper-body (no weights needed).

Best candidates Beginners and intermediates. The aerobic part may be difficult for beginners, but you can work at your own pace until you're comfortable at full intensity.

Check with your doctor before starting this or any exercise routine. All these videos—and many more—are available through "The Complete Guide to Exercise Videos." To order, call 800-433-6769.

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Brief	N/A	☐	☐	☐	☐	☐
Bikini	☐	☐	☐	☐	N/A	N/A
Hi-Cut Brief	☐	☐	☐	☐	☐	☐



Hanes Her Way
COTTON PANTIES



On the road with MISS AMERICA

The life of the nation's premier beauty queen isn't all jewels and the crown; most of the time, it's plain hard work. We caught up with Gretchen Carlson just before the end of her reign







Smiles to go before she sleeps: Gretchen warms up in Buffalo, gets ready to bow in New Orleans, makes a no-bimbos pitch while signing, and kicks off her heels at the end of another nonstop day

Saturday, 11:50 A.M. A shopping mall near Buffalo, New York

By Alison Cook

Several hundred people are milling in front of a makeshift stage plunked down amid the hosiery displays at Sibley's department store. They're waiting to gaze upon a certifiable American icon: Gretchen Elizabeth Carlson, the twenty-three-year-old Stanford University student whose reign as Miss America 1989 ends in Atlantic City this month. Necks crane, and children and matrons in folding chairs fidget. Miss America is late; her limo driver can't find the mall.

Presently, there is a commotion at the side entrance, and Gretchen dashes in, trailed by Ellie Ross, one of two official traveling companions who alternate one month at a time with Miss America. "Crown! I need to get my crown on!" Gretchen announces, making a beeline for the ladies' room. Ross produces the sparkling headpiece from its battered wooden carrying case the size of a lunch box. Carlson fiddles with the comic latticework of rubber bands, stapled-together elastic and bobby pins that keeps the crown on the royal head, gives the diadem one final adjustment, and *voilà*! Instant icon.

(continued)


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MISS AMERICA
continued

Then she's out and onto the flag-draped stage. Smiling up a storm, she apologizes for her tardiness and chats up the audience. With her deep tan and spun-sugar hair, she looks like a tropical bonbon. Flashbulbs pop as the crowd eyeballs her knee-length, size-four-petite dress of clingy coral-pink knit, her wide turquoise belt, her vivid coral lipstick and major mascara. Soon she launches into the spiel that by now she could probably recite asleep, exhorting her listeners to look for the "Made in the U.S.A." clothing label, for which she is always a walking ad.

Next, Miss America calls for questions. "How tall are you?" "Five-three without heels, but right now I'm about five-six," she cracks, glancing down at her towering taupe shoes with the practiced timing of someone who's used the line before. "Are you married?" (No time for even a boyfriend.)

She's heard them all a thousand times before, and she deftly steers her replies back to her preferred themes: the emphasis placed on talent by the Miss America pageant; the fact that the $30,500 prize money is earmarked for scholarship; the reality that her role is a tough one. Though her official workday is four hours, it's often extended by overtime, and many of her days combine both appearances and travel, with all the exhausting logistics that involves.

In practice, being Miss America is pretty much a seven-day-a-week job, with only six days off at Christmas and four at Easter, plus one day a month at her parents' home in Anoka, Minnesota. But her time *is* money; she will earn up to $175,000 from these official appearances.

After viewing the obligatory fashion show, Miss America installs herself at a table with a stack of eight-by-ten glossies. For nearly an hour, she signs and smiles, smiles and signs.

Gretchen lights up around children; when a proud mom presents her plump young daughter as a future Miss America, Gretchen reassures the child that "you look just like I did when I was your age." But while she does envision herself as a wife and mother someday, it's far in the distance. "You have to decide what you're going to do and go all out," she says. "For me, career has to come first right now."

Then she sits down for an interview with a young newspaper columnist, and within seconds she is busily deglamorizing her title. "I'd love to get rid of the word 'pageant,' " she tells him. "Scholarship program" sounc better to her.

"I'm no mindless pageant bunny" her constant, unspoken subtext. N question about it, either. Pretty rath than drop-dead gorgeous, Gretche Carlson is a concert-quality violini who wants to attend Harvard La School after finishing Stanford. B right now she's on a personal crusac to dispel the notion of Miss America a bimbo. It's an uphill battle, sin there's no avoiding the fact that th scholarship award program for wome is only for *attractive* women.

"I wouldn't talk about physic traits if I were describing myself Gretchen protests. "I mean, I had learn to do makeup and hair. I have fingernails. So it's hard for me to thir of it in terms of a beauty contest." H anti-beauty rap is steadfast, thou she lightens her hair and resorts to t occasional tanning bed to burnish h skin tone. She practically starved he self down to pageant weight and d fierce workouts to get in shape for t swimsuit competition. Nonetheles one senses that she would sooner ho her hand to a flame than admit sl cares about how she looks.

The day's work done, Gretchen a Ellie board a plane bound for Nor Carolina. Gretchen's lipstick has fade and she looks bone-weary. She has p up her protective, invisible fence: p lite but guarded, she clearly is in mood for conversation. And so it that while most women her age a getting ready to go out, Miss Ameri is sitting by herself, on her way to y another city. Her personal friendshi are currently on hold. And thou she'll go out with an old college be or two when her itinerary allows, h social life is essentially zilch.

It's a weird predicament for a wo an who says, "I've had a boyfriend ev since I can remember—even fi grade!" But a five-year relationsh with a hometown fellow ended befc Gretchen won her title, and her cu rent lifestyle is not exactly conduci to romance. "Who wants to date Mi America when they never get to s her?" she asks sardonically. "The tru is I wouldn't be able to keep up my e of a relationship right now. I thi there would be arguments, jealousi disagreements."

7:09 P.M., Raleigh/Durhan airport, North Carolina

It is raining and dismal, and M America is trudging across the tarm in her high heels toward a ninetee seater commuter plane bound Greensboro. She is not pleased. S dislikes small planes—especially



ıer like this. Once inside, she s up her Walkman earphones to to a violin solo she must learn performance next week. On the the gadget lets Gretchen be alone herself, if only for a few moments.

the ground in Greensboro, 's a steep climb to the terminal. hen schlepps up the stairs in si- popping a bubble of pink gum matches her pale pink raincoat. e top, she is greeted by an official the furniture manufacturer who's oring this visit, and boom! She is gain, charming and chatty. Be- Miss America's four massive flo- int suitcases are circling on the sel along with her two smaller Aside from the nightly chore of g out her small personal effects preparing the next day's outfit, ays, "basically I never unpack." nce at the hotel, her dinner, as , will be something low-calorie room service.

day, 8:30 A.M., ensboro Marriott Hotel

hen's duties this morning include ering her fan mail and ironing a-length chintz dress she'll wear. e dang travel irons don't do a ," complains Miss America, who must maintain her wardrobe all by herself. When desperate, she has ironed on hotel carpets, leaving a few scorch marks in the process.

Often during downtime like this, she will call her parents back home in Anoka. Her father, Lee, is a prominent auto dealer; her mother, Karen, is a homemaker and former schoolteacher. She rarely gets a chance to talk with her siblings: sister Kristin, twenty-five, a sociology student at the University of Minnesota; and brothers Bill, twenty-one, and Mark, eighteen, a college senior and a freshman, respectively. Gretchen seems very connected to her parents, who she says "motivated me to the hilt."

"She's always been like that, going like sixty," says Karen Carlson, who watched Gretchen give up after-school activities like Brownies to make the two-hour round-trip to her violin lessons. At six A.M. Saturdays, the family often woke to the sounds of Gretchen practicing.

Her mother also recalls that when Gretchen was in high school, she was invited to compete for the Miss Minnesota T.E.E.N. title—a contest that emphasized academics and talent rather than looks. "That pageant came at a time when Gretchen had decided not to become a concert violinist," says Mrs. Carlson. "She could have been like Itzhak Perlman or Isaac Stern, but she's too social for that kind of life. But I encouraged her to enter the pageant because I saw it as a way for her to continue her talent."

Gretchen came in second. "When I experienced defeat there, that inspired me," she remembers. She heeded the advice of Miss T.E.E.N officials and set her sights on Miss America. By Gretchen's junior year at Stanford, her mother had zeroed in on a likely local pageant. Gretchen came home and in quick succession won the titles of Miss Cottage Grove and Miss Minnesota before triumphing in Atlantic City.

This day, Miss America is the bait to lure buyers to the sponsor's furniture showroom. At 11:15 A.M., Gretchen steps out of the elevator to applause, her dress now pressed to garden-party perfection. Heavy-duty checking-out commences among the mostly male crowd.

After a few hours, between the bursts of photo-seekers and autograph hunters, Gretchen is starting to exhibit a slightly glazed look. It's hard not to wonder if she feels like one of those cardboard celebrity cutouts people pose with at street fairs. But when she's approached she always rallies, cracking one-liners, making people feel at ease. It's as if she's working an endless cocktail party. *(continued)*

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"This is the kind of appearance I call schmoozing," she confides during a lull. "I'm not saying I'm acting out there, but I think this would be wonderful training if I wanted to *be* an actress."

And ever so graciously, she tells one fellow that, no, she can't write "Thanks for a good time" on the photo he wants for a friend.

Monday, 11 A.M., New Orleans Riverside Hilton

Miss America stands in a doorway eyeing fifteen-hundred-plus conventioneers jamming the huge auditorium. A marketing firm has hired her to address the general session, play her violin and pose afterward at their exhibit booth to draw conventioneers over. But Miss America is still pacing backstage because the keynote speaker before her, financial columnist Jane Bryant Quinn, is running way over her allotted time.

After one of her periodic sleepless nights, Gretchen seems antsy. "I wish I'd had someone to play gin rummy with last night," she jokes. "Usually I play solitaire. Actually, that's a great analogy for being Miss America."

Finally, a convention functionary introduces Gretchen. "Heeeeeere she is," he semi-sings. "Would you like the vital statistics on Miss America? Five-feet-three, 108 pounds..." Gretchen's jaw has tightened as she listens; she's not believing it. She strides confidently to the stage and proceeds to set the assembly straight. "I've never been introduced quite that way before," she tells them. "I don't necessarily approve of having my vital statistics read that way, because I believe being a career woman is much more important to my role as Miss America." Point made, she moves on to her favorite theme—the discipline it took to win the title. The grueling physical regimen to shape up, the three-hours-a-day cramming on current events. Speaking without notes, she almost dares the audience not to take her seriously.

Then, a horrid buzz on the sound system notwithstanding, Gretchen launches into a dazzling version of the gypsy air *Czardas*. When she finishes there is loud and sustained applause; one woman even lets loose an exuberant whoop. She and a colleague have just become Carlson converts. "What a talent!" she raves. "I didn't expect anyone so intelligent!" offers the other.

Miss America once more dons her crown and spends the next few hours at the marketing firm's booth, schmoozing and posing—and being appraised by a few cynical mal lookers as if she were so much l flesh. "If *that's* Miss America," mu one, "I'm moving to South Ameri

The second her gig is up, sh moves her headpiece and hands Ross. Gretchen won't own up to h an uneasy relationship with crown, but it's clear that she's hap when it's tucked away. For Gretch all too aware that she's operating culture that sees Miss America tradition, not as an *individual*. "I something I fight every day," sh mits, adding—half proudly, half fully—"I've sort of been tagged th sertive, aggressive Miss America

Like this morning, for inst "What I did on stage today, I *h* do," she explains. "I was horrifie the way he was introducing me. I absolutely no relevance to what going to speak about. After hav feminist, progressive keynote spe it was like, 'Now you're gonna list this dumbbell who's five-three weighs 108 pounds.' I was infuria

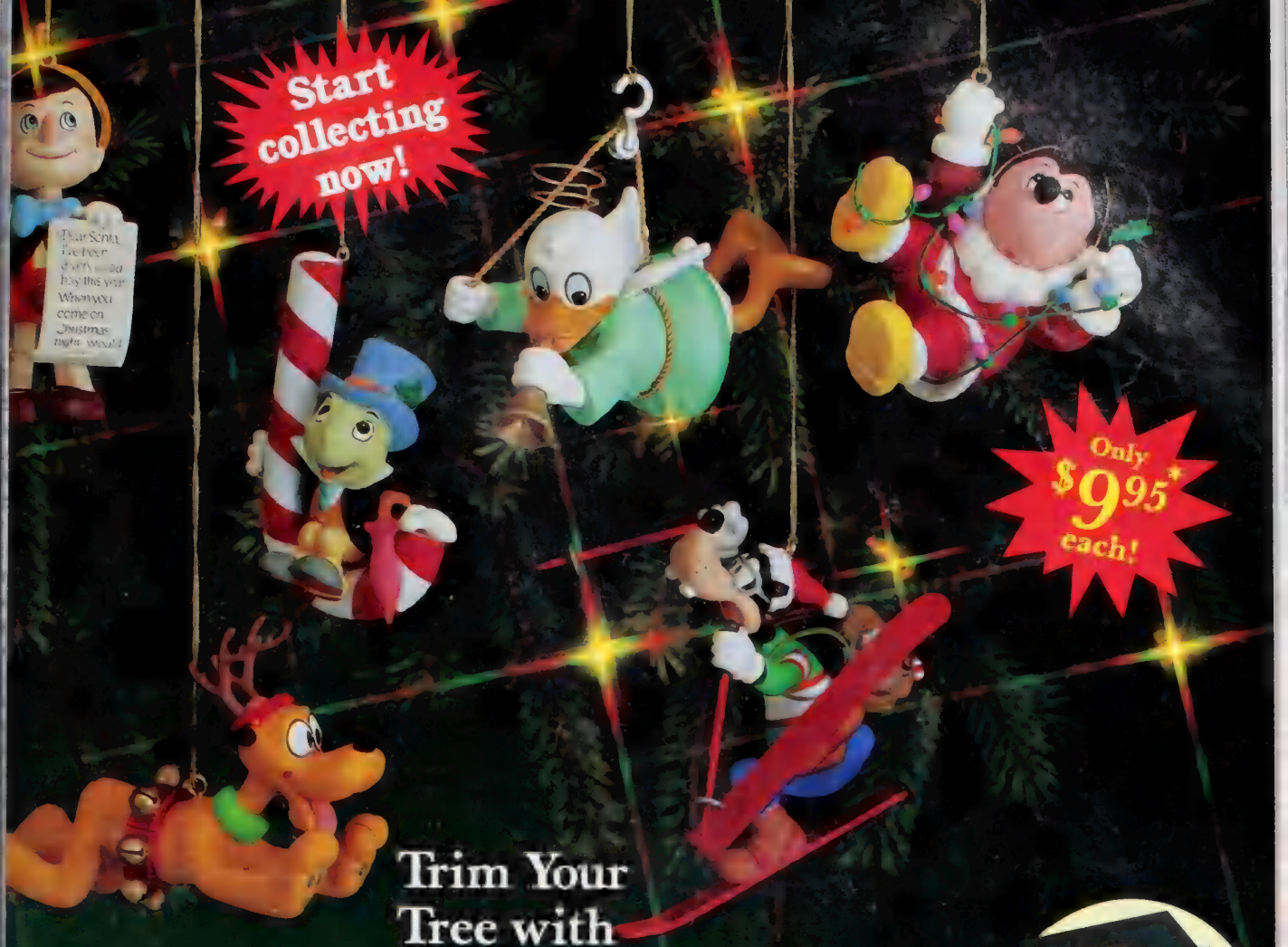
At times, Gretchen's ambiva about the institution she repre seems almost painful. "People st to question my credentials once came Miss America, and that's ha take," she says, recalling the nev per writer who intimated she ha business playing her violin at a N Prize dinner. "Sometimes I know people are thinking: 'She walke there in a bathing suit.' I can b live with myself when I think see the title only in those terms."

Why go after it, then? On that ject, Carlson is clear as glass. She so caught up in the *challenge* of be ing Miss America that she n thought about what it would be li actually *be* Miss America. "That' in a nutshell," she admits. "The part for me is always getting the had no clue what Miss America d

Even after striking an uneasy t with the constraints of her role, t are things about civilian life she s misses: working out regularly, company of her friends and fa "Not being able to NOT do my and makeup," she says with a Then, more seriously, "Freedo speech. My independence."

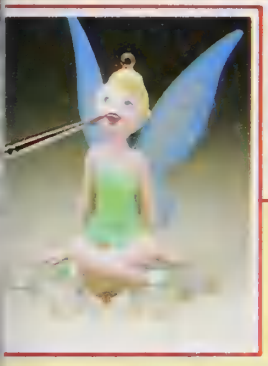
But enough of that. "You deal it," she says, brightening. One cur any transient blues is making a connection with people, like the co who told her how much it meant she had answered their daughter's letter. And there's always the ch that she'll change some people's pr posed notions about Miss America, way she did today.

Then, ultimately, there's the rea tion of "knowing how *(contin*



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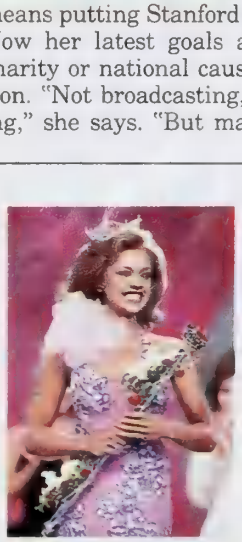
celeb

(continued) many people would love to trade places with me." Indeed, sundry advisers have convinced Gretchen that she'd better capitalize on the immediate opportunities the Miss America title can bring. That means putting Stanford and Harvard on hold once more. Now her latest goals are being a spokesperson for a charity or national cause, or possibly working in television. "Not broadcasting, because that would be too boring," she says. "But maybe hosting a show, something that gives you more leeway."

For now, however, it's back to the convention booth, where someone has put on a videotape of last year's pageant, which Gretchen herself has never viewed.

"One of you is about to have your life changed forever," host Gary Collins intones portentously from the screen, as the final two contenders wait for the judges' decision. As she watches the tape in the convention hall—with more pictures to pose for, battles to fight and planes to catch—Gretchen Carlson laughs. ■

Alison Cook is a free-lance writer based in Houston.



SUCCESS IS THE BEST ANSWER

Five years after she gave up her Miss America crown in disgrace, Vanessa Williams has risen above the scandal to become a happy wife, mother and pop singer. By Eric Sherman



Milestones: Vanessa Williams at her coronation, and with her husband, Ramon Hervey, at their first baby's christening

Eeeeee-YAH! Vanessa Williams's two-year-old daughter is scampering around the small Los Angeles apartment, squealing and giggling while her mom slices hot dogs for lunch. "Melanie!" Williams says, rolling her mesmerizing hazel eyes. "Ever since she was born, she's been loud and ready to take charge," says the former Miss America. "I guess it's in the genes. There's a lot of strength in this family."

That trait has certainly come in handy. Just five years ago, when she was only twenty-one, Williams briefly became the most infamous woman in the nation. The first black Miss America, she was also the first to be forced to give up her crown, when lurid nude photos of her, taken years earlier, appeared in *Penthouse*. Many people expected the outspoken Williams to cower in shame and fade from the public memory.

But most people didn't know Vanessa Williams. This is not some stereotypical beauty queen whose smile is brighter than she is. Williams *is* stunningly attractive, but she's also tough, smart and almost unnervingly self-confident. So it's little wonder she survived the Miss America debacle; in some ways, she even came out ahead. "I always knew that one of these days I'd get a chance to show them," she says with a delicious smile.

She's done just that. Her first album, *The Right Stuff*, a collection of dance tunes and soulful ballads, went gold last March and spawned four hit singles. Earlier this year, Williams gathered two Grammy nominations, won the NAACP Best New Female Artist award and co-starred in a TV movie.

The scandal even introduced her to her husband. When the shocking story broke in 1984, she hired publicist-manager Ramon Hervey to help turn around the negative press. Hervey did that and more; he turned around her life. "I certainly wasn't looking for romance," she recalls. "I had a life to unscramble. But there was so much chaos surrounding us, it made us stronger." In 1987 they wed, and last June they celebrated the birth of their second daughter, Jillian Kristin.

Today, Williams calls the nude *Penthouse* photos "an unfortunate mistake." And a traumatic one. Every time she turned on the TV, there she was—the disgraced Miss America. The barbs still sting. "There were a lot of people who said things I'll probably never forgive," says Williams, who was once labeled "Vanessa the Undressa." "The best revenge is to be a success, to have a normal life and to have not committed suicide." Williams insists she never really considered taking her own life, although the constant harassment from the press did take its toll. One reporter even phoned her brother and said, "I heard Vanessa killed herself."

"I don't know how I got through it, but you have to get on with your life," she says. "It's what you do with a tragedy that makes life worth living."

Williams found fortitude in her family. She also kept her career goals alive, landing small roles on TV and Off-Broadway. But she turned down a number of film scripts because they featured nudity—something, she says, she won't even consider. Today she's putting together her second album, due for release early next year. Then she plans her first concert tour. Most music critics—and, she suspects, even her own record company—are surprised by her success.

As Williams bounces her little daughter on her knee, the question arises—what will she tell her children someday when they ask about the unsavory photos? "I don't know," she replies. "I'm sure they're going to be strong kids and that they'll be able to handle anything. The important thing is, they'll know that they are loved."

After all she's been through, Williams is able to say that she's content. "I feel really *comfortable*," she says. "Now that I finally have a career and a family, there is a catharsis. I've *done* something. But I don't feel that this is as far as I'm going to get, because this is just the beginning."

Photos, from top: Brad Bower/Picture Group; Barry Talesnick/Retna.

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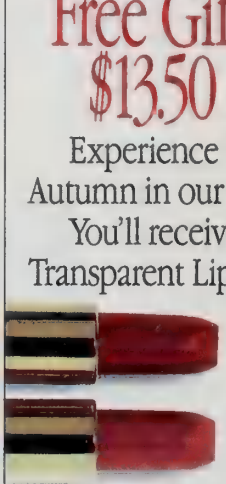


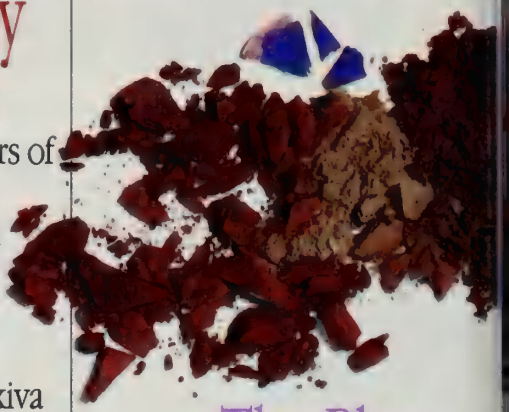
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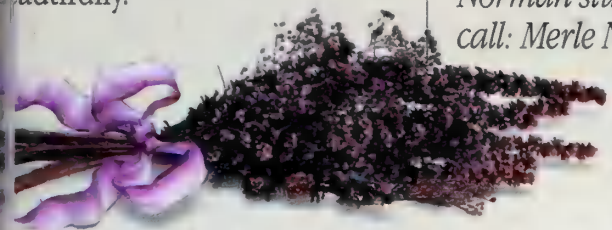




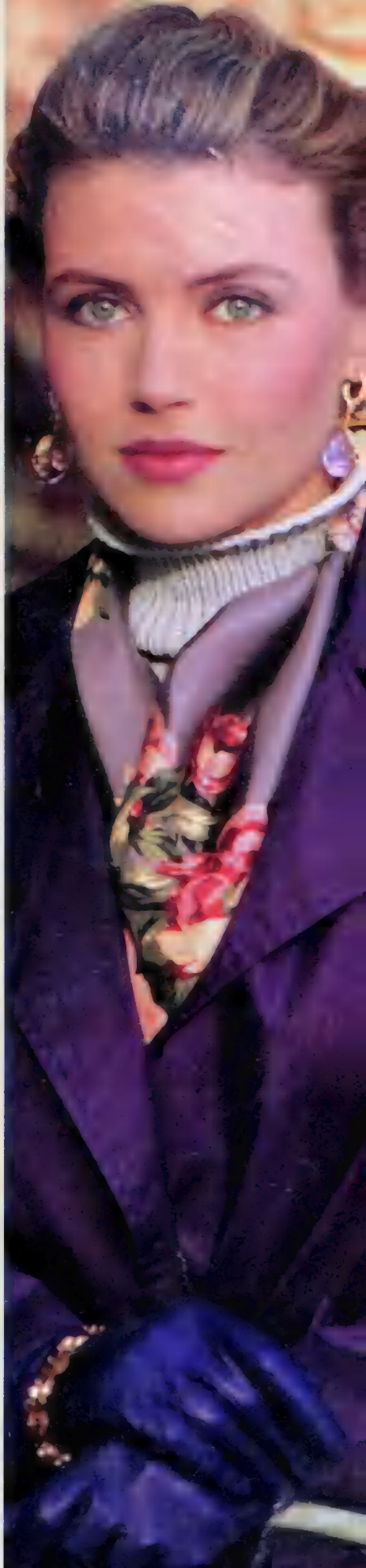
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Forget about piggy banks and cookie jars. These days, families need more sophisticated financial strategies. In this first part of our special report, meet two couples and hear what advice the experts gave them

How to save for what you want



TOM AND KATHY FRIEDERS

Whether you want a comfortable retirement like the Friederses, or a luxury boat like the Goins family, you'll have to plan ahead. But your investment strategy should be tailored to your specific goal



PAUL AND JULIE GOINS

Call us the buy-now-worry-about-paying-later generation, a nation of consumers who would rather charge it today than scrimp for tomorrow. Once considered world-class penny-pinchers, Americans are now finding it harder than ever to balance their income with their outgo—to say nothing of saving for the inevitable rainy day. The nation's personal savings rate—the percentage of the average family's disposable income that is not spent—hit 9.4 percent in the mid-1970s but dropped this year to a disheartening 5.8 percent.

Why the decline? Partly to blame is today's complicated financial landscape, with its changing tax structure and deregulated banking industry. Even savvy consumers can be confused by the bewildering array of options—from Individual Retirement Accounts to municipal bonds—that have blossomed in the last few years.

But fortunately, with a little research and a lot of planning, you can devise a workable savings strategy for your family. Besides reading reliable investment self-help books, you might consider seeking the advice of a certified financial planner (CFP). Fees range from $50 for a plan that's computer-generated to $5,000 for a personalized strategy, complete with stock tips. Given the number of hustlers among the experts, however, it's best to choose a CFP through a referral from a trusted and impartial banker, CPA or broker. *(continued on page 52)*

By Michael J. Weiss

Photos, from left: Ken Rogers/Black Star, John Troha/Black Star

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HOW TO SAVE

continued from page 48

To inspire you to chart your own personal-finance course, the *Journal* chose four families whose savings goals are typical of many Americans'. This month, we focus on two couples—a family looking to buy a luxury item—a boat—and a couple who are unsure of the best way to plan for a worry-free retirement. In each case, a CFP analyzes what the families are doing right, what they're doing wrong, and what else they could be doing to make their dream come true.

Paul and Julie Goins

Huntingtown, Maryland

Waiting for their dreamboat

With their home located only a half-mile from the Chesapeake Bay, the Goinses want to become members of the motorboat set. Paul, forty-one, a construction foreman, wants to join his workmates, who already own pleasure craft for fishing and cruising the bay. Julie, thirty-nine, a secretary, dreams of sunbathing on the deck. And the couple's three teenagers, aged thirteen to sixteen, look forward to weekend waterskiing.

But the Goinses know that their fantasy won't come cheap. Paul figures the family needs a twenty-three-foot cabin cruiser to satisfy everyone's needs: a vessel small enough to pull water-skiers but large enough to have a galley and qualify as a second home for tax breaks. The cost for a new craft is about $1,000 a foot, or $23,000. And Paul hopes to arrange the financing—20 percent down ($4,600) and $236 a month for twelve years—within a year.

For now, the couple lack a firm savings strategy. Paul and Julie together earn $60,000, yet much of their take-home pay is already earmarked for monthly expenses. They live in a $140,000 brick rambler, and their mortgage payments run $780 a month.

In the past, Paul and Julie have clashed over their different approaches to saving. Julie is a born scrimper who coupons and once cut up the family's credit cards their bill began to nudge $2,000. But Paul is a spe When he married Julie in 1970, he had just two hu dollars to his name. Today, he says, "I still can't s thing on my own."

Thanks to automatic payroll deductions, however, has nearly $50,000 in a retirement and profit-sharing

But the couple's credit-union savings account totals about $6,000. "That's not much for a financial cus cautions Late last yea Goinses' well went dr they had t $4,000 for a one. "There ways some that comes Julie sighs.

Recently, couple iden some po sources for a payment on dreamboat. one of their c paid off in months, they ply that monthly pay toward the er. An $8,00 nus from employer a $1,200 raise Julie shoul more than e to pay for the and wipe ou family's $ credit-card ance, freein other $20 month for boat. Paul lieves that c back on ciga will help save $15 a Brown-bag his lunch s also reduce h penses by an $10 per week

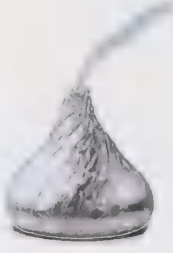
Those sa should provid Goinses wit $4,600 down payment. But that still leaves the couple cerned about the future. They hope that their oldest Jeff, will continue on to college in two years, with daughters, Heather and Stephanie, following in an five or so; the tuition at the state or community school kids will probably attend is up to $2,000 per year and is sure to rise.

Julie expects the kids to work to pay part of their through school, but the family has little savings fo balance of their college educations. Sometimes Julie ders if ,in fact, the boat may prove too extravagant. "I

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where we can cut corners," she "It just seems like the more we the more we spend."

AL HOUSEHOLD INCOME
$60,000
46,100
MONTHLY EXPENSES
age for home and swimming
$780
s: $200
yments: $600
$400
s: $200
ainment/travel/miscellaneous:

-card balance: $200
l total: $30,960
S
: $140,000
-union savings: $6,000
ment plans: $33,635
sharing plans: $23,800

expert's advice

cial planner Laura Adams cau- against the Goinses amassing r debt to buy a boat. She's con- l about their five loans—the two mortgages, two car loans and -card balance—that leave little hing for college. "Like many peo- hese folks are letting short-term ives get in the way of longer- goals," says Adams, president of Adams & Associates, of Prince- New Jersey.

a first step toward realigning priorities, Adams recommends consolidation. The Goinses could art of their $9,200 raise and bo- noney to pay off the $8,000 still on their last luxury purchase, vimming pool. Then she suggests empty their $6,000 credit-union nt to pay for their new well and out their $2,000 credit-card debt. the end of the year, Adams esti- , the Goinses will have saved 2,400 that would have been ap- to the pool. "Now they will start saving for this new luxury item," ays.

hough Paul wants to pay for the over twelve years, Adams sug- completing the purchase in five —about the time daughter her will start college. Monthly ents will come to about $400 a n. Future raises and bonuses d help cover the boat payments ll as replenish the family's cash ves through the purchase of CDs noney-market accounts. She also sts they consider a used boat.

these folks can shift their focus adding monthly payments to sav- for what's coming," she says, "they'll have more peace of mind."

The couple's response

The Goinses have taken to heart the warning that they shouldn't trade their children's college tuitions for a luxury boat. "It's true that saving for college was never something we'd taken seriously," admits Julie. "This has made us think." In fact, Paul is considering Adams's suggestion that they buy a used boat and pay for it in five years. But Julie is uneasy about emptying the couple's credit-union account. Instead, they plan to use Paul's bonus to pay for the well and their credit-card debt.

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Tom and Kathy Frieders

La Crescenta, California

Feathering the empty nest

Now that they're both just shy of fifty, Tom and Kathy have begun to worry about the size of their retirement nest egg. "It's too small," declares Tom, a Lockheed engineering administrator. His wife adds, "When we retire, we want to be able to go everywhere, see everything and have a good time."

To maintain the kind of lifestyle they have now on their annual income of $55,000, Tom and Kathy channel about $1,000 a month to their retirement portfolio. They invest *(continued)*

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HOW TO SAVE
continued

in IRAs, CDs, even limited pa ships that specialize in real estat energy development. By the tim sixty-two, Tom's pension plan wi vide him $3,000 a month; Ka about $500 a month.

With their three children grow gone, they are happily empty-nes a two-bedroom contemporary with two fireplaces and a Ja Bought for $23,000 in 1965, the today is valued at more than $25 The Friederses also share own in a nearby house worth $200,000 and have a $10,000 share condominium in San Clem Until last year, Kathy was ea about $30,000 annually as an supervisor for the Health Net But a financial planner noted tha en the couple's high tax bracket percent, she was earning only $ month after taxes. "It made no se keep working," says Kathy. Whe quit her job, she received $20,00 her retirement fund, money she' uncertain how to invest becau changes in the tax code, the chi being the elimination of tax shel

The Friederses, married for th years (the second marriage for share a similarly conservative cial outlook and spending habits were born in small Illinois tow Depression-era parents who pra austerity. Recalls Kathy, "I brought up to save, save, save save some more."

"We both hate to spend m Kathy says, "and we pay cash wh er we can." And they are hard travagant shoppers: He gets his boots at K mart, while she buy clothes at Penney's. But despite prudence, the couple fear they come up short during their retir years because of financial dec made today. "We don't know how thousand dollars will go in the fu Tom says. "So we want a solid p keep us insulated from any eco shifts."

ANNUAL HOUSEHOLD INCOME
Gross: $55,000
Net: $30,900

FIXED MONTHLY EXPENSES
Mortgage: $209
Utilities: $200
Car payments: $324
Food: $300
Clothes: $125
Entertainment/travel/miscellaneou $425
Auto/home insurance: $260

(continued on pa

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■ HOW TO SAVE

continued from page 54

Annual total: $22,116
ASSETS
Home: $250,000
Passbook savings: $30,000
Savings bonds: $3,000
IRAs: $11,000
Company 401(k) retirement funds: $80,000
Real estate: $180,000
Projected monthly pension payments at age sixty-two: Tom - $3,000
Kathy - $500

The expert's advice

The Friederses have solid savings and pension plans as well as a lot of equity in their home. But that may not be enough to permit them to pursue their current lifestyle into retirement, says Mark Kastleman, a CFP for New England Financial Advisers, of Sherman Oaks, California. To maintain a retirement income of about $5,000 a month in today's dollars, he advises them to transfer funds to a retirement portfolio, shifting its investment focus over time.

For couples aged fifty, Kastleman suggests saving about 10 percent of their gross income and funneling that money into low-risk mutual funds tha should appreciate as much as 15 percer over time. As a hedge against inflatio Kastleman also recommends limite partnerships in real estate that migh provide a 15 percent return. But b cause they're riskier and more expe sive than other investments (a sha usually costs at least $5,000), Kastl man advises purchasers to make su the partnership is registered with th Securities and Exchange Commissio is sold by a licensed dealer and has proven track record.

"The only safe investment posture to diversify so some portion of your por folio will profit whatever the economy he says. Toward that end, Kastlema thinks Kathy should invest her retir ment money into a self-directed IR that's diversified for growth throug conservative limited partnerships. H also recommends that the couple tak out a second mortgage for $124,000 order to take advantage of addition interest deductions, and to use the mo ey for further growth investments.

For those who are closer to retireme than the Friederses, Kastleman su gests saving 30 percent of income an shifting away from riskier investmen to income-producing vehicles, such CDs, money market accounts, bon and government securities. "The clos you get to retirement, the more conse vative you should be with your inves ments," Kastleman says. He also recor mends the maximum liability insuran coverage for the couple's homes and a tos. "We're a litigious society, so peop should have a wall of protection arou their estate," he says.

The couple's response

The Friederses like the idea of esta lishing a diversified retirement portf lio, but they're reluctant to take out second home mortgage to do it. "W don't feel comfortable with anoth mortgage hanging over us when we' so close to having a quarter-of-a-m lion-dollar asset," says Tom. The Fri derses figure they're already puttir away more than 20 percent of the income for retirement, and they' well protected with insurance. "We a ways go for the max," Tom says, "b cause we don't want to find out th hard way that we're not in go shape."

Michael Weiss, a contributing editor Ladies' Home Journal, is the author "The Clustering of America" (Harp & Row, 1988).

Next month: A couple who want buy a first home, and parents sa ing for a child's college educatio

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WHAT'S HOT

Joan Rivers



She's rebuilt her life and her TV career. Finally, the funny lady can laugh again

A triumph of spirit

SHE'S CURLED UP ON THE COUCH IN A WHITE TERRY bathrobe, bare feet tucked beneath her, doing needlepoint. With Spike, her celebrated Yorkie, cuddled at her side, Joan Rivers looks totally unlike her sharp-tongued public image. And she's *not* that difficult woman, insists Joan, who is camped out in a New York City hotel suite while her apartment is being renovated. "My act is a kind of catharsis," she says. "Onstage I can yell and scream and say outrageous things, because in real life, I behave like the sweet, quiet, well-educated, reserved lady my mother brought me up to be."

But whatever her degree of softness, Joan Rivers clearly has a spirit of steel. At age fifty-six, two years after the suicide of her husband and the shock and humiliation of being fired from her late-night talk show, she has patched her life together. This September she's even marching right back into the TV spotlight, to host a daytime talk show that will be syndicated nationally.

By Diane de Dubovay

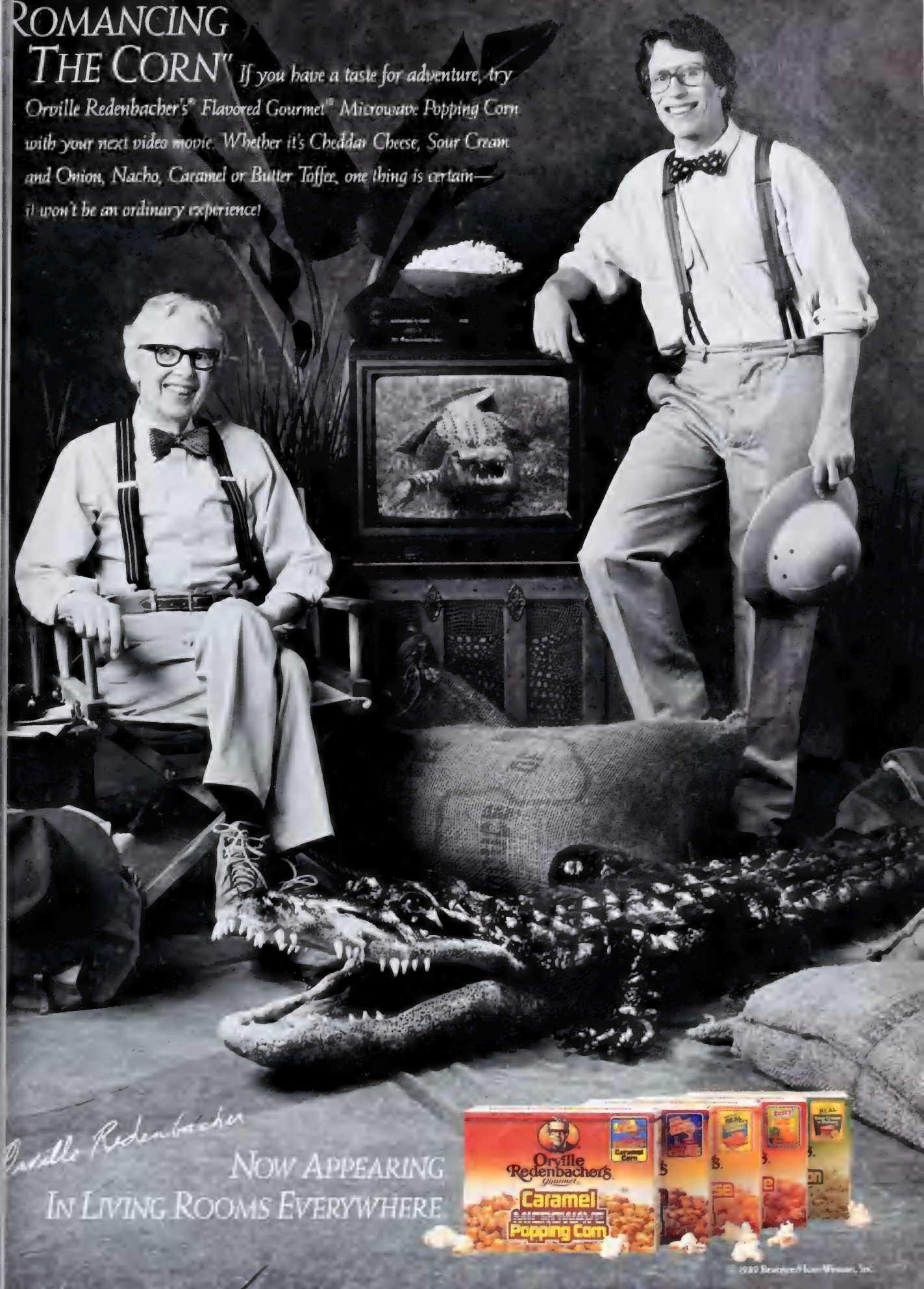
In May of 1987, Fox Broadcasting had dismissed her from *The Late Show with Joan Rivers*, after her modest ratings couldn't dent Johnny Carson's armor. Three months later, her husband and manager, Edgar Rosenberg, killed himself with an overdose of Valium.

"I had lost everything," she recalls quietly. "I had no career, no husband. I had nothing. My nightclub attendance dropped off—nobody wants to see a loser. I really started from ground zero again."

She refused to consider retirement, however. "I could have—I didn't *want* to retire. I didn't *want* to go on the shelf. I didn't *want* to be chased out of a business that I had no reason to be chased out of . . . And I said, no, no, I must keep going. You have to learn to see if you can go back up again. It was tough, but—also, I wanted to show my daughter—you take life's knocks, you take them and you just keep going."

The person who encouraged her most had also learned to be resilient—her friend Cher. "Right after my husband died, Cher encouraged me to move to New York [from California] and accept an offer I'd received to star in the play *Broadway Bound*," Joan explains. "Cher said to me, 'Oh, please, you know you're an actress, just *do* it. Four years ago, nobody took *me* seriously. I was a national joke. *Now* look at me. If I can do it, so can you!' "

Joan accepted the role in the Neil Simon play and *(continued)*


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WHAT'S HOT

Joan Rivers

(continued) earned rave reviews from the skeptical critics. Then, when the play closed, she spent her nights and weekends doggedly touring the country, breaking in new nightclub material.

Keeping busy was also her way of trying to heal. "When your husband dies, especially when it's suicide, your first reaction is anger. I felt *rage*," Joan admits. "You're angry at your husband for abandoning you. When I went through my husband's clothing, I thought, How could you *do* this to me and to Melissa?

"When you have lost someone you love, the last thing you want to hear is, 'It was God's will.' You need to talk to someone, one-on-one, who is objective and can help you to logically figure out why it happened and what you can do to overcome the loss. But your first reaction is to dump your anger on the person closest to you.

"Melissa and I went through a difficult time for a while," she admits. "But we've gotten through all that because we both had counseling. We both joined a support group for families of suicides. And now my daughter and I are closer than ever before," says Joan, who spoke at her daughter's graduation from the University of Pennsylvania last June. With her mother's blessing, Melissa is now pursuing an acting career.





SCRAPBOOK: On her first *Late Show*, Joan's guests included (from left) Elton John, Cher and Pee-Wee Herman. In 1986, a happy family: Edgar, Joan and daughter, Melissa

While she was coping with her grief, Joan had periods of great restlessness and difficulty concentrating. Because her passion is reading, the Barnard College graduate who majored in English knew she was progressing when she began to enjoy novels again.

"The first time I knew that I was sort of healing after Edgar was when I could read a book all the way through. And that's when I knew a change had happened. Edgar and I would go into a bookstore and just buy as many books as we wanted and never look at the price. That was my husband's and my fun."

Slowly, Joan has been trying to inject fun into her life again. About a year ago, she began dating. "I've been seeing a real estate gentleman," she confides. "He's darling and funny and we laugh a lot, but it's not serious. I always say I'm looking for that person you can poke under the table at a dinner party and get in a car with and say can you believe how stupid so-and-so acted. I miss that—the reliability of someone being there for you."

But for the moment, she adds, "I'm not even unhappy about being alone. I mean, I miss Edgar desperately. I miss my husband so much. But I also enjoy the freedom. I never was truly on my own."

Like many widows, Joan was both hurt and surprised to discover that friends she and Edgar had made as a couple were not so interested in friendship with her alone. "For some reason, whatever worked for four just doesn't seem to work for three," she says philosophically. "Unmarried women are not at the top of the list for being invited out socially. I tend to go out with many more single people these days.

"I can't say my life is wonderful . . . but I'm very comfortable with myself where I am now," she adds. "Aside from my daughter, who now has a life of her own, work is my comfort. I don't need drugs because, for me, laughter from an audience is much better medicine."

And now, she hopes, there will be many laughs to be had with the new show. Of the basic format, she kids, "I call it bitchy Dinah Shore. There won't be a monologue, but there will be humor and celebrity guests. I made a lot of close personal friends on *Late Show* who will appear on the new show—Paloma Picasso, Vincent Price, Malcolm Forbes, Cher, of course.

"We will cover news events," she adds, "and we'll cover trends, like vogueing, the high-fashion pose-dancing you see in New York's hottest nightclubs. And I want to have lots of interviews with children. You get the most amazing answers. This show," she promises, "will be full of energy—the fastest hour in television!"

If it has even half the energy of the new Joan Rivers, the new Joan Rivers show should be a solid hit. ■

Photos, from left: Globe Photos, AP/Wide World Photos.


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SKIN SYMPTOMS you must not ignore

Skin—the body's largest organ—can provide vital clues about your overall health and well-being. Some changes signal internal illness; knowing what to look for can enable you to get prompt, effective treatment. Of course, a temporary bump or itch is usually harmless, but if signs or symptoms persist, you should see a doctor. Here, a rundown of common skin changes—and what they may mean.

By Wendy Korn

SKIN CHANGE	ACCOMPANYING SIGNS AND SYMPTOMS	QUESTIONS TO CONSIDER	POSSIBLE CAUSES AND TREATMENTS
 **acne**	• None	• Are you under stress, or using a new medication or cosmetic?	• Adverse reaction. Treatment includes topical antibiotics, avoiding irritant.
	• Excess hair growth, menstrual irregularity	• None	• Hormonal imbalance caused by adrenal or ovarian problems. Treatment varies.
dilated capillaries, spider veins	• None	• Do you have a long-term history of sun exposure?	• Sun damage. Treatment with Retin-A, steroids.
	• None	• Do you take oral contraceptives or other estrogen-containing products?	• Excess estrogen. Withdraw medication, if possible.
	• None	• Do you drink excessively?	• Cirrhosis of the liver. Treatment varies.
	• Weight gain, fatigue	• Do you take steroids?	• Cushing's syndrome (a disorder brought on by excessive steroids from medication or a pituitary tumor). Treatment varies.
easy bruising	• None	• Are you taking medication that affects blood vessels or clotting?	• Reaction to asprin, ibuprofen, other drugs. Avoid medications if possible.
	• Possible weakness or fatigue	• Was the onset of bruising sudden?	• Blood disorders, diabetes, cirrhosis of the liver. Treatment varies.
excess hair growth	• None	• Did you recently start taking a prescription medication?	• Drug reaction. Avoid if possible.
	• Weight gain, acne, menstrual irregularity, voice change	• None	• Polycystic ovary disease, ovarian or adrenal tumor. Treatment varies.
extreme pallor	• Pale mucous membranes, nail beds; fatigue, weakness	• Do you have heavy periods? Do you ingest enough dietary iron?	• Iron-deficiency anemia. Treatment often includes iron supplements.
	• Above symptoms accompanied by black stool	• None	• Anemia caused by internal bleeding. Treatment varies. Diagnosis needed to rule out other underlying disorders.

Photos, from top: J.F. Wilson/Photo Researchers, American Academy of Dermatology.

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medicine

SKIN CHANGE	ACCOMPANYING SIGNS AND SYMPTOMS	QUESTIONS TO CONSIDER	POSSIBLE CAUSES AND TREATMENTS
flushing	■ Hot flashes, sweating, palpitations, enlarged blood vessels	• Are you eating spicy food or drinking alcohol or caffeinated beverages?	■ Heat reaction. Avoid irritant
	• None	• Are you approaching—or have you reached—menopause?	■ Menopause. Treatment can include estrogen replacement therapy.
	■ Above symptoms plus dizziness.	• None	• Hormone-secreting tumor. Treatment varies.
itching	• Possible dry skin or hives	• None	■ Allergic reaction. Treatment includes antihistamines, antibiotics, steroids.
	■ Possible weight loss, fatigue, loss of appetite	• None	■ Diabetes, liver or kidney disorders, Hodgkin's disease, pancreatic cancer. Treatment varies.
 **moles, other skin growths**	■ Possible crusting, bleeding	■ Did the growth appear suddenly, or has its size, shape or color changed recently?	■ Skin cancer, including melanoma. Treatment includes surgery sometimes accompanied by chemotherapy.
pastiness, sallowness	■ Dry, thickened skin, intolerance to cold, fatigue	• Did symptoms develop slowly? Do you feel sluggish? Are you eating less than usual but gaining weight?	• Hypothyroidism (decreased thyroid function). Usually treated with thyroid supplements.
 **patchy loss of pigment**	• None	• Have you been sunbathing while taking medication?	■ Photosensitive reaction to sun. Change medication, avoid sun.
	• Scaly skin	• None	■ Fungal infection. Treatment includes anti fungal medication.
	• Possible weakness or fatigue	• None	■ Vitiligo (a disorder of unknown origin), which is sometimes associated with endocrine abnormalities. Treatment varies.
 **ruddiness (reddish skin)**	• None	■ Does ruddiness occur only after you eat spicy food?	■ Heat reaction. Avoid irritant.
	■ Acne-like facial rash	• None	■ Rosacea (adult acne). Treated with antibiotics or steroids.
	• Moist skin, weight loss, weakness, profuse sweating	• None	■ Hyperthyroidism (an overactive thyroid gland). Treatment involves regulating or removing the thyroid gland.
 **waxy nodules near eyes**	• Possible high blood cholesterol or lipoprotein levels or weakness, fatigue	■ Was onset sudden?	■ Often harmless fat deposits, which occur with age. But sometimes they signal high cholesterol or lipoprotein or indicate artery disease or diabetes. In rare cases, nodules can signal thyroid, kidney or liver disorders. Treatment varies; nodules can be removed by a physician.
yellowing	• Yellowing of palms and soles	■ Are you eating lots of yellow vegetables or taking beta-carotene?	■ Excess beta-carotene. Reduce intake.
	■ Yellowing of whites of eyes, under tongue	■ Did you recently start taking prescription medication?	■ Jaundice from a drug reaction. Avoid medication if possible.
	• Same, plus weakness or fatigue.	■ None	■ Liver disorders such as hepatitis, cirrhosis or blocked bile duct. Treatment varies.

The following physicians supplied information for this chart: G. Thomas Jansen, M.D., Little Rock, Arkansas, past president of the American Academy of Dermatology; Robert Phelps, M.D., assistant professor of dermatology, Mount Sinai School of Medicine, New York City; John F. Romano, M.D., attending dermatologist, New York Hospital-Cornell Medical Center, New York City; Alan Shalita, M.D., chief of dermatology, Downstate Medical Center, Brooklyn, New York; Arnold Toback, M.D., associate in dermatology, College of Physicians and Surgeons, Columbia University, New York City; Hilary Baldwin, M.D., director of dermatologic surgery and clinical assistant professor at SUNY-Health Science Center, at Brooklyn, New York.

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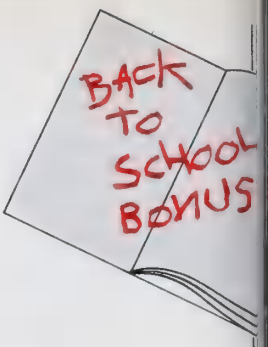
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education

UPGRADING THE SCHOOLS a primer for parents







The power to choose: In some states, parents can select the public school they think is best for their child. Most in demand are the "magnet" schools with special programs like this one in Maryland, which stresses the arts

If you think there's little you can do to improve your child's school, keep reading. Parent power is the latest force in public education

By Barbara Kantrowitz

At the beginning of school last year, parents at New York's P.S. 40 got some bad news. A fourth-grade teacher was going to be taken out of the school, and as a result, the size of the classes in that grade would become unacceptably large. Parents at another school might have simply fumed in private. But P.S. 40 has a long history of parental involvement, including fund-raising for extracurricular programs. Within twenty-four hours, the parents were able to talk the school board into letting the teacher stay on. "The key is not to go in angry," says Linda Williams, co-president of the Parents Association. "You go in with the attitude that you *can* work together."

Parent power. It's the latest weapon in the fight for better public education. Educators say that while parental muscle isn't a magic cure, it *is* a key ingredient of any effective school reform. In communities around the country, parents, teachers and administrators are learning to be partners in the educational process. Schools are adjusting their schedules to meet the needs of working moms and dads. Parents are finding ways to contribute—by tutoring children who need extra help, monitoring school budgets or becoming more active in parents' associations. And in a growing number of districts around the country, they're even being encouraged to choose their children's public schools.

Everyone agrees the need for greater parent participation is critical. Earlier this year, U.S. Education Secretary Lauro Cavazos issued a depressing report card on American schools. "We are already spending more money per student than our major foreign competitors, Japan and Germany," Cavazos says. "And yet our students consistently fall behind in competitive testing. Money alone is not the

(continued)

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(continued) answer to our education deficit." The solution, he says, must start at home: "There needs to be a stronger partnership between parents and teachers."

There's plenty of evidence indicating that parents play a vital role in the education of their children. "Research conducted over the last two decades has shown convincingly that parental involvement favorably affects children's learning, attitudes about school and aspirations," says Joyce L. Epstein, a sociologist at Johns Hopkins University, in Baltimore. The studies show the same results for families of all educational backgrounds and economic classes—even poor families with few resources, says Epstein. Experts have found that even very simple family activities—such as explaining numbers or playing alphabet games—are the stuff of which academic achievement is most naturally made. They've also found that youngsters who score high on standardized tests performed chores regularly and did homework at a prearranged time, and that their parents frequently engaged them in talk, games and other activities. Low-scoring youngsters, on the other hand, had minimal parental supervision and spent little time with their parents.

Still, enlisting parental help is not always easy these days. A generation ago, the majority of children lived in homes with two parents, and the mother stayed home. All that has changed, of course. Now, nearly fifteen million children under eighteen are living in single-parent families, and 70 percent of married mothers with school-age children are employed.

Educators are aware that these shifts in family life mean schools must do things differently. *(continued)*



Kids whose parents read with them—like Leslie and Beverly Slind of Minnesota—often do well on standardized tests

THE LHJ ROPER POLL OF THE AMERICAN WOMAN

Are schools flunking out?

WE ASKED THE WOMEN WHO KNOW BEST—MOTHERS OF SCHOOL-AGE CHILDREN—HOW THEY FEEL ABOUT EDUCATION TODAY AND WHAT PARENTS CAN DO TO IMPROVE IT

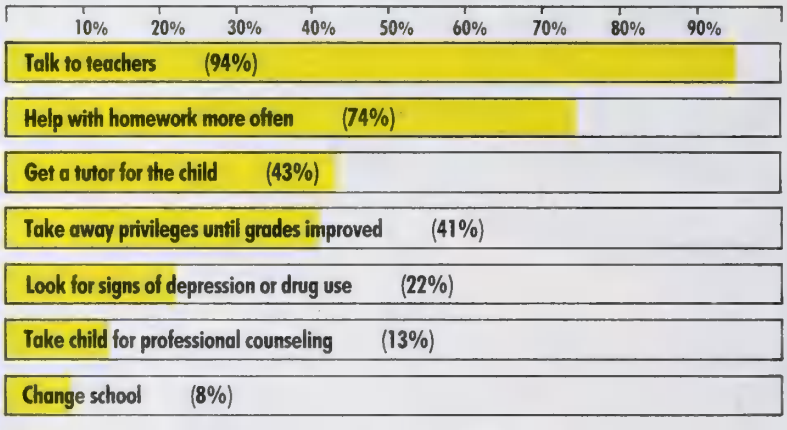
● **Is the quality of education in public schools now as good as it was when you were a student?**

It's worse, said 39 percent. It's just as good, said 36 percent. The older the woman, the less she approved of schooling today.

● **What's the biggest problem schools face?**

The problem cited most takes place outside the classroom—23 percent said parents aren't involved enough with their children's education. Other trouble areas include overcrowded classrooms, lack of discipline and not enough emphasis on basic subjects like reading and math.

● **What would you do if your child was doing poorly in school?**



Answers total more than 100% because women gave more than one answer

● **What are you doing or would you be willing to do to ensure that your children get the best possible education?**

Again, parental involvement was a top concern. An impressive 67 percent are already helping their children with their homework regularly, and 25 percent would be willing to start. In other areas, 41 percent would be willing to organize fund-raising projects, and 38 percent would vote for taxes to improve school facilities.

● **Our public school children go to school five days a week. In Japan, children attend an extra half-day on Saturdays. Should the U.S. consider adopting this system?**

Almost three fourths (74 percent) said no. Nineteen percent said yes, though among the older parents (ages forty-five to fifty-nine), affirmative votes rose to 39 percent.

● **Many schools include sex education in their curriculum. At what grade level should sex ed begin?**

Most mothers thought fifth grade was a good time to introduce the subject. Sixth and fourth grades ran a close second and third. Eight percent thought sex ed should begin in kindergarten, and nearly everyone agreed that high school is too late.



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education

(continued) "Quality education requires the involvement of the parent," says Samuel Sava, executive director of the National Association of Elementary School Principals. "In education circles, we used to refer to it as the hidden curriculum of the home. When parents began to change, we realized that the traditional methods of building on the hidden curriculum would have to change as well."

The partnership between parents and schools works best when both sides recognize their mutual need. An innovative school system will seek ways to overcome the barriers that keep parents out of the schools.

An example: A recent survey by Sava's association showed that virtually all the principals now adjust their hours to make conferences more convenient for parents, and most said they expect teachers and counselors to do the same. Most also said they hold separate conferences and mail separate report cards to divorced parents. Two thirds said they offer training to keep teachers up to date on the various problems of single parents and their children.

Other schools, in an attempt to draw parents into the classrooms, hold workshops to explain classroom activities or assign homework that requires parental help. Each year, the Miami schools give out calendars with lists of suggested activities for parents. A recent idea, for parents of third graders: "Ask your child to write all the words he/she can think of that rhyme with tree." The activities complement what's being taught in the classroom, and Miami officials say that the calendars encourage parents to become more involved in projects.



"Be visible in the schools. Your kids will see that you're interested in their education." Patricia Brown, school volunteer, Texas

Some districts are even meeting parents at *their* offices. For example, the Indianapolis public schools run lunch-hour parenting workshops at a local business. "The administration has made a commitment to involve parents," says Izona Warner, a consultant to the city's schools.

In some cities, civic groups promote communication between parents and schools. In Atlanta, the APPLE Corps (Atlanta Parents and Public Linked for Education) monitors the school budget and conducts annual workshops to explain the budget process to parents.

Parents who are motivated and given proper training and resources do make a difference. There are volunteer programs in eleven thousand school districts around the country, with more than four million participants, according to a survey by the National School Volunteer Program. About a third of these volunteers are parents.



Photos, from top: Ron Ceasar, Janice Rubin/Black Star.

Houston's volunteer program is one of the oldest and most extensive in the country. Last year, nearly 21,000 Houstonians devoted more than a million hours to projects coordinated by an umbrella organization called Volunteers in Public Schools (VIPS).

"It was worth it. I want him to have a good education." Brian Porter, Maryland, who waited on line for a week so his son could be enrolled in a magnet school

Many of the Houston parents who contribute do so despite busy schedules. Patricia Brown, thirty-six, is a single mother raising a seventeen-year-old daughter, Sheatri Denise. Yet she recently finished serving her third term as president of the VIPS board of advisers. Over the years, she has taken part in kindergarten screening and has been active in a parent counseling program. Although it hasn't always been easy for her to fit in everything, Brown urges parents to do what they can. "Be visible in the schools," she says. "Just by your being there, your kids see that you care and that you are interested in their education."

The power to choose

In some states, parent activism even extends to shopping among public schools. By next year, for example, all of Minnesota's seven hundred thousand students will have the option of leaving their local school and moving to any other in the state. Because up to $4,000 in state aid moves with each youngster who switches to another district, Minnesota's governor, Rudy Perpich, thinks open enrollment will force schools to shape up. "It's market forces at work," he declares.

Parents who have taken advantage of the program are enthusiastic. Leslie and Beverly Slind, who live in the Minneapolis suburb of Brooklyn Center, decided to send their fifteen-year-old son, Matt, across town to a junior/senior high school whose teaching staff has a higher number of advanced degrees than those at their local school. It's smaller, too, and the Slinds see that as a real advantage. "He'll get more opportunities," says Beverly Slind. "You don't have to be the best to participate in athletics or other activities."

But open enrollment is not without drawbacks. For one thing, admission to these so-called magnet schools is often highly selective, and many parents walk away disappointed. Districts use *(continued on page 79)*

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PGRADING SCHOOLS

ntinued from page 74

ent methods to deal with this em. In Prince George's County, land, for example, most slots are on a first-come, first-served ba- ounds simple, but what it means at parents line up for days before tration.

ian Porter, who works as a esman for the county schools, ed out in his car for a week in to get his five-year-old son, An- , into an elementary school that asizes creative and performing Porter was second in line (there more than a thousand parents d him), so Andrew got in. And though Porter had to give up va- n time, he says, "It was worth it. I him to have a good education."

greatest reward

times school activists reach out her children, too. Sharon Silber- a mother of two from New York got involved when her older son ed public school more than a de- ago. She will never forget a boy d Larry, whom she tutored in a teer remedial reading program.

rry was in fourth grade and n't read. He had been evaluated perts, but no one could figure out roblem. Silberfarb had no experi- as a teacher, but with two boys at home, she did know something about kids. Instead of the required texts that Larry had been using, she brought in some comic books that her sons liked. "Suddenly, Larry was reading phrases like 'You vengeful dastardly degenerate,' " she recalls.

He told her that he hadn't wanted to read before because everything the teachers gave him was stupid. With interesting material, however, he was quite eager to learn. A year later, Larry was reading three years above his grade level. "It truly was the most gratifying thing I've done," she says. "I knew that I had made a lasting difference in a person's life."

It is the kind of difference that every parent volunteer can make as well.

Barbara Kantrowitz is a senior writer for Newsweek.

Getting started

Here are some national organizations with useful information for parents: American Federation of Teachers, 555 New Jersey Ave. SW, Washington, DC 20001. The National PTA, 700 North Rush St., Chicago, IL 60611-2571; 312-787-0977. Education Commission of the States, 1860 Lincoln St., Suite 300, Denver, CO 80295; 303-830-3626. National Committee for Citizens in Education, 10840 Little Patuxent Parkway, Suite 301, Columbia, MD 21044; 800-NETWORK; 301-997-9300 (in Maryland).

steps every parent can take right now

ll the bad marks education receives these days, parents often feel helpless. They're lere are some ways the experts suggest you can help:

ad aloud to young children. Research has shown that children who are read to have problems learning to read themselves. If you're unsure about what books are priate, consult the children's librarian at your local library.

y games and do puzzles that will develop your child's concept of mathematics. tors say that playing with blocks, one of the most basic toys, is a way for young n to experiment with shapes and numbers. Other simple tricks: Ask your youngster ist with setting the table or cooking. Both require math skills (counting out forks poons, for example).

ablish a quiet time and place for studying. Not all children have the luxury of their ooms, and educators say it really isn't necessary. Setting aside such a period shows child that you think doing well in school is important.

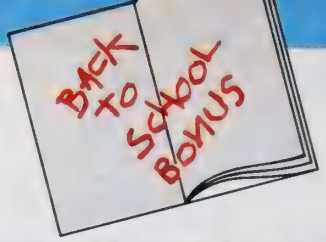
to be active in school, at whatever level is comfortable and convenient. You don't to serve on twenty committees to be effective. Try to take part in at least one class y, such as a school trip, for each child every semester.

n't be afraid to talk to teachers. Many parents are intimidated by the classroom g, and think of teachers and principals as authority figures who should never be ioned. But in fact, *you* are an expert—on your own children. In addition to asking ions, you should keep teachers informed of developments at home, such as divorce ess, that might affect a child's performance. And if you have concerns about an ment, the curriculum or even your child's friends, don't wait for a crisis to talk with eacher. Even if you work, you can have at least a telephone conference; many ers know it's hard for working parents to get to the classroom.



PARENTS' JOURNAL

By Mary Mohler and Margery D. Rosen



Breakfast of champions

We know mornings are every mom's nightmare, and though you want your kids to get a nutritious breakfast . . . well, some things just have to give, right? Wrong. We checked with the pros in the *Journal*'s test kitchen for some quick (we mean it), good-for-you breakfasts that any harried mother can pull together no matter how tired and rushed she is. (By the way, if you really aren't in the mood, we firmly believe that cold cereal with milk, juice and toast is just fine, thank you. But do give these a try.)

MAKE-AHEAD PANCAKES

Peel and finely chop 1 medium apple (about 1 cup). Combine with 1 cup pancake mix, 2 tablespoons wheat germ and ¼ teaspoon cinnamon in a mixing bowl. Stir in 1 cup milk, 1 large egg and 1 tablespoon vegetable oil. (Or substitute buttermilk baking mix; reduce wheat germ to 1 tablespoon and milk to ⅔ cup.) Mix until just blended. Let stand 5 minutes.



Heat a griddle to 400°F. Grease lightly. Pour on ⅓ cup batter for each pancake. Cook until tops are covered with bubbles and edges look dry, about 2 minutes. Turn and continue cooking about 1 minute more. Serve with maple syrup and apple slices.

If making ahead, cool pancakes, and cover and freeze up to 1 month. To reheat, stack 2 pancakes on microwaveproof plate and microwave on High 1 minute. Rotate dish and microwave until hot, 15 to 30 seconds more. Or heat 2 pancakes in toaster oven 2 minutes. Makes 8 to 10 pancakes.



MORNING MUNCHY MIX

Combine 2 cups teddy-bear graham crackers, 2 cups O-shaped oat cereal, 3 packages (.9 oz. each) Fun Fruits snacks and ½ cup *each* chopped dried apricots and raisins. Store in airtight container. Makes eight ½-cup portions.



YOGO-BERRY SHAKES

In blender combine 1 cup strawberry low-fat yogurt, 1 cup frozen whole strawberries, partially thawed, and ½ cup milk and blend until smooth. Serve immediately. Makes 2 servings, about 2½ cups.

HAM 'N' CHEESE ROLL

Blend ¼ cup butter, softened, and 1 tablespoon honey in bowl. Spread 2 teaspoons on the cut sides of a frankfurter roll. (Store the remaining butter in an airtight container in refrigerator.) Roll 1 string cheese (mozzarella or Cheddar) in 1 slice low-fat ham. Place in the roll on a paper plate and microwave on High until heated through, 30 to 45 seconds. Makes 1 serving.



APPLE NUTTERS

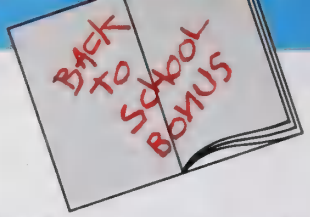
Blend ¼ cup *each* creamy peanut butter and unsweetened applesauce in bowl. Add 2 tablespoons raisins. Halve 2 apples crosswise, core and hollow out a small cavity. Spoon peanut butter mixture evenly into apple halves; sprinkle each with 2 tablespoons granola cereal. Makes 4 servings.



HEALTH WATCH: The return of childhood diseases

Many of the so-called childhood diseases you thought had been eradicated are recurring—some in epidemic proportions. According to the national Centers for Disease Control (CDC), the incidence of measles in the United States has increased 370 percent so far in 1989 over the same period in 1988. Most of these cases occur among preschoolers, but outbreaks have increased among all other age groups—even adults—as ***(continued)***


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Stephanie Birdsong

(continued) **well. In light of this, the American Academy of Pediatrics (AAP) has revised its guidelines. In a recent announcement, the AAP suggested a first dose of measles vaccine (combined with mumps and rubella) at fifteen months, then a second dose at the entrance to junior high.**

Of course, we can immunize against many childhood illnesses. But experts report that increasing numbers of parents are refusing to get their children vaccinated—either because of religious beliefs or fears about the vaccines themselves. In fact, not immunizing a child presents a serious danger to your child and to society, while the risk of a bad reaction to the vaccine is minuscule. What's more, since most infectious diseases never die (they just go into a quiet phase), parents can't afford to be lax about adhering to the AAP immunization schedule at right.

CHILDHOOD IMMUNIZATIONS	2 months	4 months	6 months	12 months	15 months	18 months	school age
DIPHTHERIA-TETANUS-PERTUSSIS (DTP)	✓	✓	✓			✓	✓
ORAL POLIO-VIRUS VACCINE (OPV)	✓	✓				✓	✓
MEASLES-MUMPS-RUBELLA (MMR)					✓		
HAEMOPHILUS INFLUENZAE B (HIB)						✓	
TB TEST*				✓			
* given annually in high-risk areas							

The way we were

By Dava Sobel

"How's this, Zoë?" I ask hopefully as I hold up my candidate for her back-to-school outfit. Zoë shakes her head no. She looks displeased and more than a little worried that we won't find anything she likes in the store—or perhaps that I'll get exasperated and angry at her before we even have a chance to.

It never used to be like this. Shopping for my daughter's clothes was always one of my headiest experiences. But now the annual trek is one we have both come to dread.



The scenario is always the same: Zoë doesn't like what I like, maybe *because* I like it. I think what she likes—that acid-washed denim skirt she looks longingly at, for instance—is inappropriate, and that insults her. In no time at all, I'm glaring and snapping at this child I love, while she turns sullen or sulks.

I can't help remembering the way we were. Not so long ago, I dressed my daughter as I used to dress my dolls. The way she looked then was an expression of my taste and her adorable babyness. (I always went for the frilliest, pinkest outfits, too, because she had no hair to speak of until she was well past two, and I wanted to advertise the fact that she was a girl.)

Now, I confess, I still want to be not only the one who determines how she looks but also what she likes. She's still my little girl—isn't she? How can she know what's best for her? Why, she's not even a teenager yet!

Memories of her and memories of myself as a child get mixed up together in my mind. Here in the store, I catch myself half looking for the black corduroy jumper and red blouse that I wore on my first day of second grade some thirty years ago. And I am also remembering the day I felt like hiding in the coat closet at school rather than have my classmates see me in the blue gingham dress my mother thought was so pretty.

But this year, I'm determined to do better. As I concentrate hard on being supportive, on finding the right sizes of things she likes, I have to admit she can pick out her own clothes as ably as she can get herself dressed. She has great confidence in her judgment, too. She doesn't need my direction anymore, only my help—and only if it's offered respectfully.

She is going to school tomorrow in a hot pink T-shirt, the acid-washed blue-jeans skirt and the white leggings, with baby-blue bobby socks and tennis sneakers. Most of the other little girls will have on their frilly party dresses and patent-leather shoes. But that's their decision.

No, Zoë, I don't have to be angry at you for knowing what you like. And I don't have to feel offended that our tastes are not the same. In fact, now that I'm seeing 20/20 for the first time, I feel extremely proud that you have such a strong sense of yourself. On you it looks great—and it makes me feel terrific, too.

IT'S IN THE CARDS

September is national library card sign-up month (sponsored by the American Library Association). In most libraries, children who are five years old or who can write their name can get their own card. So why not make this your first school supply for fall?

Turn the page for lots more on kids and clothes

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BACK TO SCHOOL BONUS

The best clothes for kiDs

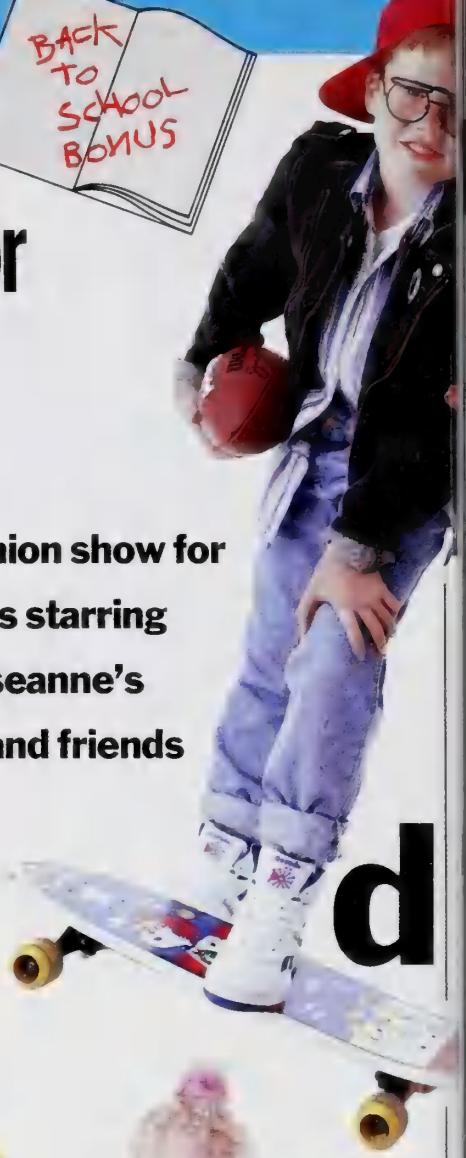
A fabulous fashion show for tots and teens starring two of Roseanne's TV kids and friends



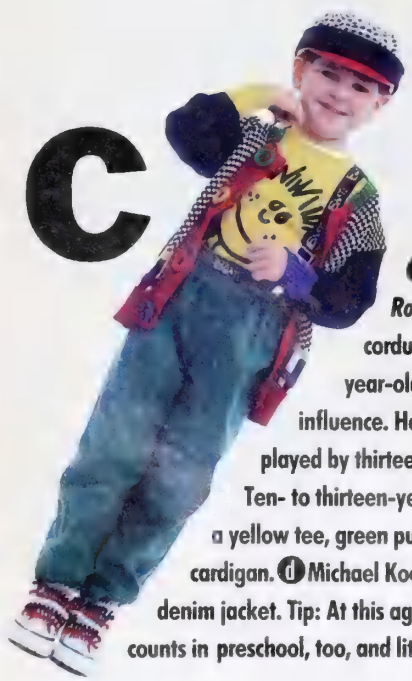
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B



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c



e

ⓐ Six-year-old Michael Fishman plays adorable D.J. on *Roseanne*, and he's just as cute offscreen dressed in purple corduroys, violet cardigan and varsity jacket. Even two- to six-year-olds like to pick their own colors—though Mom still has some influence. Hot hues for the pint-size crowd are brights! ⓑ D.J.'s TV sister Becky, played by thirteen-year-old Lecy Goranson, goes for a pink-and-green theme. P.S: Ten- to thirteen-year-olds love the layered look. ⓒ Michael's off to grammar school in a yellow tee, green pull-on pants (elastic waists are essential at this age) and a fun cardigan. ⓓ Michael Kochka, ten, skateboards off to class in blue jeans, high tops and a denim jacket. Tip: At this age, kids want to dress like their peers. ⓔ Remember, style counts in preschool, too, and little Maui France, four, gets an *A* + for her powy pink suspenders.

A BETTER WAY TO END THE LICE CYCLE. PRONTO.®



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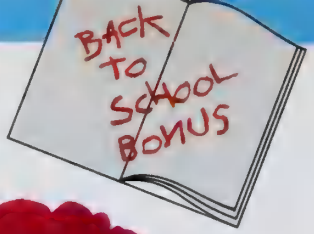
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PARENTS' JOURNAL



f Lecy's trend-savvy in an ethnic-inspired outfit. Pattern-on-pattern is a fashionable look for young teens. g Michael Kochka's at the head of the class in brown corduroys and a plaid button-down shirt. Boys in Michael's age group tend to favor traditional clothing in classic colors—brown, navy, hunter green, khaki—and are most comfortable in sneakers and Topsiders. h Lecy knows knit pants are a hit; she wears this black-and-white pair with a black drawstring turtleneck, a mint-green hooded cardigan and an orange rain jacket. i Sweats are super for an active kid like Michael Fishman—topped with a message tee and varsity sweater, they take him to school in style. j Also great for sixes are oversize clothes that allow freedom of movement, like these roomy cotton trousers teamed with a colorful cotton jacket and a jaunty cap. k Maui gets a gold star for creatively mixing a chartreuse sweater, purple walking shorts and electric-fuchsia tights.

Roseanne's kids' photos by Pam Barkentin-Blackburn; hair and makeup by Beth Katz for Cloutier. Other kids' photos by Tohru Nakamura; hair by Hubert Cartier for Jean Louis David; Details, page 208.

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Your feelings and fears that menopause signals the onset of old age aren't so farfetched. As recently as a hundred years ago, a woman had little chance of living more than a decade after menopause.

But today you can expect to live thirty years more—well into your seventies or eighties. They can and should be vital, alive, and healthy years free from the distressing symptoms that can come with menopause.

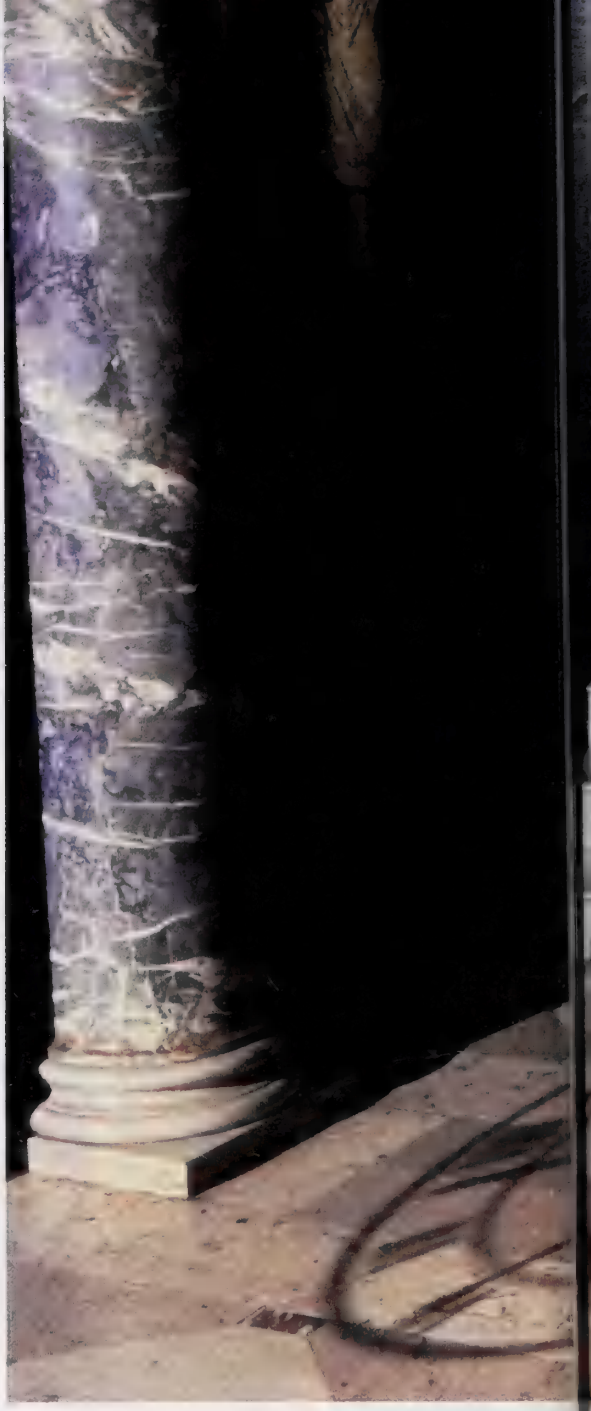
What happens at menopause and why.

Somewhere between 45 and 55 your body begins to produce less and less estrogen. The lack of this vital female hormone is what causes "hot flashes," the sudden and unpredictable sensation of heat and sweating. Hot flashes are the most common symptom and can be a very "public" and embarrassing one. They can also lead to insomnia and irritability. Another common symptom is vaginal dryness. These symptoms are not "in your mind." They are real, they are physiologically based and your doctor has treatments for them.

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And you don't have to feel middle-aged.

Today, more women are staying vital and active well into their menopausal years. A healthy



life-style, good nutrition and exercise can go long way towards helping you feel good durir time of life. But if the symptoms of menopau disrupting your life you should see your docto because today there are new approaches to th treatment of menopausal symptoms. See you doctor and find out why now, the change of l doesn't have to change yours.



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LH -11



Oh Men, Oh Women! we found out what the sexes are really saying about each other

Are today's couples closer than ever or further apart? What are the big problems they face? Ladies' Home Journal traveled to Kansas City for the answers, hosting our third in a series of forums on significant topics that concern women today. Our discussion took place at the Central Exchange women's organization, in front of an audience of one hundred fifty people. We listened, laughed and learned as the panel members shared their views about the state of contemporary relationships. Read our report and be cheered, inspired or simply reassured that you're not alone

the panel



Myrna Blyth has been the editor-in-chief of *Ladies' Home Journal* for eight years. Married, two sons.



Eric E. McCollum, Ph.D., a postdoctoral fellow in marriage and family therapy at Purdue University. Married.



Marilyn Shapiro, attorney, specializes in divorces, adoptions and related domestic law. Single.



Barbara Bartocci, freelance writer for national publications. Married, mother and stepmother of six; eight grandchildren.



Robert A. Bernstein runs Bernstein-Rein Advertising, Inc., one of the largest ad agencies in Kansas City. Married, three children.



C.W. Gusewelle, daily columnist and an associate editor, *The Kansas City Star.* Married, two daughters.



Bowen F. White, M.D., specializes in preventive and stress medicine and is a consultant to business. Married, four daughters.



Rev. Emanuel Cleaver II, Kansas City mayor pro tempore and councilman; pastor at St. James–Paseo United Methodist Church. Married, four children.



Ann Bingham, marriage and family therapist at the Corinth Group, a counseling organization. Married, mother and stepmother of three.



Carla Boechler, a CPA and management consultant wth Peat Marwick Main. Married.



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OH MEN, OH WOMEN
continued

Myrna Blyth: What are the biggest problems with men and women today? Marilyn—a divorce attorney—probably knows the answer to this!

Marilyn Shapiro: When people walk into my office, I often think, Didn't you even *like* your spouse when you got married? A major problem is the inability to communicate with each other, especially over the years. A lot of people just lose touch with each other.

C.W. Gusewelle: I have a wife and two daughters, and I think the biggest problem is the number of bathrooms in the house [laughter]. No, I think the greatest problem by far, at least in our marriage, is simply time. Time to be together, to enjoy each other the way we did when we were just beginning.

Blyth: Can this marriage be saved? I think these are the two most common problems in marriages today—not the bathroom shortage but that the couple have stopped communicating and making time for each other. Dr. McCollum, how do you counsel people to get them to communicate better?

Eric McCollum: People don't conceptualize marriage as something that needs to be *worked* at. It seems we feel that once we've gotten married and the honeymoon is over you go on automatic pilot, and the relationship runs okay from that point on. Marriage is a job, yet people don't think of it that way.

I think it's real helpful for couples to have an evening that belongs to them; to do things without the chil whether the kids are babies or agers—which is when most p *want* to do things without [laughter]. There are also some s ic communication exercises that c helpful. I often get the feeling people talk to one another they're both watching TV—they on two parallel conversations. Ne of them really has a notion of wha other is trying to say.

Blyth: Ann, when you counsel pe do you find that women think doesn't do what I want him to do, he should know what I want if he ly loved me. Do we really expect mates to be mind readers?

Ann Bingham: That's a problem whe it's a marriage or a work relation Sometimes we have to be pretty and teach couples to develop a mu understanding and respect for other. I think that people somet forget to be an individual first, then you have to be able to put individual differences together to the relationship.

Blyth: Talking about differences you think men still want old-fashi women? If they had their druth would they really prefer those ho wives of the fifties instead of wo who make a fuss about fulfilling t selves and having careers?

Emanuel Cleaver: Unfortunately think you're probably right; conte rary American men really want a of both. Generally, when I deal couples, they are in trouble, and o the complaints I hear a lot is, "I ried her to be my wife, and now wants to be a lawyer, and it's diff to be a lawyer and a wife at the s time." We want to come home and a gorgeous, stunning woman, but also want her income, which m that she can't wear that stunning, dress to work at the corpora [laughter]. I think schizophrenic is word for men today.

Blyth: Do you think women are sch phrenic, too, in that they want t independent and yet in their he want men to take care of them?

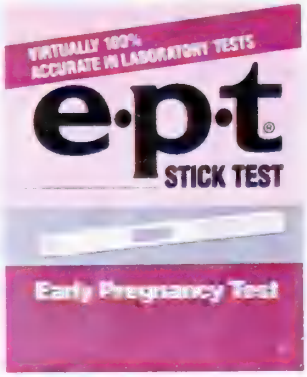
Barbara Bartocci: Well, I think there part in women that does want a st man, and in our society we eq strength with success, which is necessarily right.

Robert Bernstein: I think most men still looking for a mother to a deg Men like to be cared for, but I t women like to be cared for, too.

Blyth: What do successful couples that less successful ones don't do?

Bingham: I think the bottom lin they have team spirit. When cli come in to my office, it may be beca of problems *(continued on page*

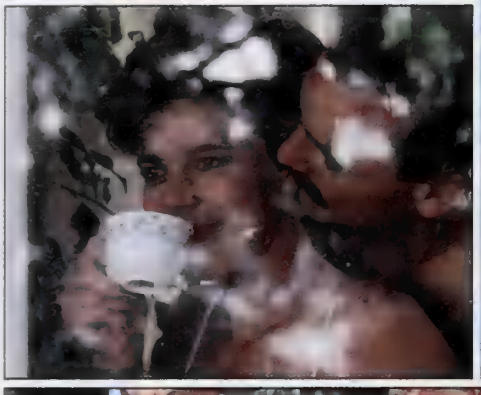
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OH MEN, OH WOMEN

continued from page 92

n money or sex or kids, but some-
es these are just metaphors for oth-
ssues, like one partner feeling un-
alued. And so to me, a healthy
tionship has an environment that
ws everyone to meet their needs.
I've learned not to use the word
promise, because the minute you
it automatically suggests that
eone is going to lose. So you say
n spirit or collaboration.

ollum: One of the ideas I'd propose
hat we might think of marriage as
ontract. A financial contract, but
e importantly an emotional con-
ct. I think it gets renegotiated at
eral stops along the way as individ-
s change and want different things.
e people that come to me angry are
ones who feel they have been be-
ed in their contract, sort of: "Now
want to change the rules on me."
I think successful couples are the
s who can renegotiate it.

ven White: What successful cou-
s do best, I think, is nurture the
ative impulse within the other per-
. When their partner wants to do
nething that has heart, meaning
passion for them, they will support
ir partner. That's the key to a suc-
sful relationship, rather than sup-
ting the other person only when he
she is going to do what *we* want.

sewelle: A sense of humor helps, too.
is heavy notion of contracts and
rking at a marriage terrifies me! I
nk success involves far more intu-
e things, like the moments of anger
en a little voice is saying some-
ere in the back of your mind, "Yes
're raging at the moment, but the
th is we both know life is unimagin-
le in any other arrangement."

th: I think successful couples also
lly *listen* to each other. We've writ-
n about how men don't listen to
men. Is it because they don't really
nk what women say is important?

;ham: My husband and I were talk-
about this very issue last night. He
that maybe women have different
ctations about how men are sup-
l to listen and feel, and maybe
part of the problem.

um: Men go into a problem-solv-
de very quickly, and women feel
tened to because the man is
with three solutions. Like,
ou say you're unhappy with
u can quit, tell your boss this
at." When all the woman
just the chance to lay it out
re it.
t's a good point. Men often
l they have to *do* something
at you tell them. But you may just want them to hear it and say it back to you, and that's enough.

Cleaver: I think the number-one issue in marriage is that people are not willing to stoop down, if you will, and lift up the individual who has done something wrong or made some mistake in the relationship. And that's because of the Hollywood syndrome. I really believe that television is one of the principal causes of divorce. You look at TV and people fall in love, they don't pay the gas or light bills, the kids magically change their own diapers. They are dressed elegantly; money is no problem. There are no problems at *all*. Then look over at Sue with a housecoat on with a hole in it, curlers in her hair, and she looks over at Bill and he's burping 'cause he just finished a beer. You know, it's like, "What in the world am I doing with this?" We extract from television and the movies what we think life ought to be.

Blyth: Some people say that one of the biggest problems with marriage is that it's boring. Even people in happy marriages find it boring. Do you agree?

Gusewelle: No. I was a bachelor for thirty-four years, and marriage is vastly more exciting than going from bar to bar looking for companionship. That's *real* tedium. I'd call marriage a lot of things, but not boring.

Blyth: We know infidelity happens all the time. Even loving couples are unfaithful. Does that have anything to do with boredom?

Cleaver: You're absolutely right that there are millions of unfaithful people, but I don't think it's out of boredom. There are all kinds of reasons. Some men say to me they can't help it. They actually believe it is somehow really all right for them to be unfaithful. Many will say, "She knew when we got married that I couldn't stay with one woman." There's a separate reason for men and something else for women that I'm not able to articulate.

Blyth: Do you really think that there are different reasons for infidelity for men and women? That for men, it just goes with the territory?

Cleaver: Men don't always equate unfaithfulness with a lack of love for the spouse. I talk to men who love their wives but are looking for somebody else to be with. It's a form of validation. It lets you know that you are still interesting to members of the opposite sex. If you've been in a marriage for a long time, you sometimes wonder if anybody else would be interested.

Blyth: Do you think it is an unforgivable thing to be unfaithful?

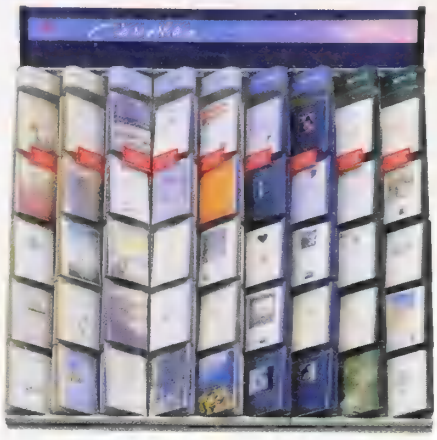
McCollum: Depends on the reason and the couple. You make choices. Infidelity would not work in our household. Most important

(continued)

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AMERICAN GREETINGS



OH MEN, OH WOMEN
continued

relationships depend on some basic level of trust. If we were to find that the other couldn't be trusted on that level, I think it would irreparably harm the relationship. It's more than morality. The point is, whatever it is that makes people able to live with each other for the rest of their lives would be damaged forever.

Blyth: Reverend Cleaver, you say that this is one thing that men and women feel differently about. If men could tell women something secret about themselves, what men usually don't tell women, what would they say?

Cleaver: They'd say, "I'm insecure."

McCollum: I think men would tell women that sometimes we are very envious of their ease in relationships. I've talked with my friends about that, that women have an ease in relating that men find very difficult with other men. Also, I think that when we tell women we don't know what we're feeling, we really don't. We're not holding out on them, as it seems. I think men are not trained to think about how they feel. That's what I would say to women.

Blyth: What would women tell men? Are there things we don't *want* to say?

Carla Boechler: I've always been pretty open about my needs and wants and desires; I think women are a lot more open in a relationship than men.

Bartocci: I think women would say, "Don't just help me with the house; *share* that responsibility with me." Men do help a lot more today, but darn it, take the responsibility yourselves. Men can dismiss things like putting dishes in the sink instead of in the dishwasher. In other words, those small issues that men belittle and force you into an argument about are really fairly important. More couples fight about chores than anything else.

Shapiro: May I interject here for a minute? This is not from a married perspective. One of the things I've never understood about men is why they always tell you that they're going to call you whether they really intend to call you or not. This may sound really silly, but I've never been able to understand that. Why do they do it?

Bernstein: Because people tend to tell other people what they think they want to hear.

Shapiro: Thank you! [laughter]

Blyth: Marilyn, since you've seen a lot of imperfect marriages, how would you define a perfect marriage?

Shapiro: Well, I question whether you can have a perfect anything in this world. But I'd strive for a marri where people can not only love e other but *like* each other. That is tremely important, that people l very closely at each other and good, dear friends.

Cleaver: I agree that there can be perfect marriage. Something close t is when couples can have discussi that are not necessary. What gener happens in a marriage that goes s is the two people have only necess conversations, like, "Did you take the trash?" and "Are the do locked?" In restaurants, I see cou go through a three-course meal with talking. If you could follow them ho chances are it is not a solid m riage. I think couples who have logue have a good marriage.

McCollum: Yes. When you're willing stay up till twelve-thirty to talk e though you've got an eight A.M. m ing the next day because there's en ment in it and it's worth it.

Bernstein: I'd just add that it's a growing together, allowing the ot to express themselves and be w they want to be. Being supportive, pecially for today. Communication, tening, avoiding too many excesse think it's all those things, plus a se of humor.

Blyth: Thank you all!

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CONTEST RULES SUMMARY

or clearly print name and address followed by name and instructions original recipe (Main Dish or Appetizer) on plain paper not larger than 1 side only). Each entry must include a PROOF OF PURCHASE ge UPC symbol) from AT LEAST TWO (2) DIFFERENT OLD EL PASO ts used in your recipe (proof not required from AZ, FL, MD and VT resi- such as: Taco Shells, Tostada Shells, Nachips, Tortilla Chips, Taco ing Mix, Taco Sauce, Thick 'n Chunky Salsa, Picante Salsa, Enchilada Nacho Cheese Sauce, Green Chilies, any variety Refried Beans, nos, Mexican Rice, Tomatoes & Green Chilies, Tomatoes & Jalapenos, o Relish, and Frozen Burritos (where available). Mail to: OLD EL PASO t of the Southwest, 5th Annual Recipe Contest, P.O. Box 1370, ton, IL 60011. 2. Each recipe entered must call for TWO (2) OR MORE RENT OLD EL PASO® products as ingredients and must list complete ns for preparation (mixing, cooking, temperature, time, etc.), plus all ingredients used, which should be commonly available in retail stores, with quantities stated in standard U.S. measurements. 3. Contest open to continental U.S. residents (18 years or older) except in Alaska and Hawaii. 4. Entries must be postmarked by 11/17/89, received by 11/30/89. Enter as often as you wish, but mail EACH recipe separately with TWO (2) OR MORE DIFFERENT PROOFS OF PURCHASE. Not responsible for lost, late, misdirected, mutilated or illegible entries. 5. Finalist recipes kitchen-tested, winners selected by independent recipe judging organization. Main Dishes and Appetizers judged equally on these criteria: originality, clarity and completeness of instructions, ease of preparation, flavor and appropriate product usage. 6. For complete contest rules go to your favorite participating grocery store and pick up an Official Entry Form found at an OLD EL PASO® display. A $1,000 Bonus will be awarded if Grand Prize winner encloses an Official Entry Form. 7. Void where prohibited by law. © 1989 Pet Incorporated

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Walgreens Cash Value Coupon

Pronto 2 oz. Kit

Shampoo & Comb
Kills lice fast



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Walgreens Cash Value Coupon

Extra Slim Fast, or Slim Fast

14 oz. 15 oz.

Chocolate, Vanilla, Strawberry, Chocolate Malt



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Walgreens Cash Value Coupon

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Any pair



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Walgreens Cash Value Coupon

Aqua Net

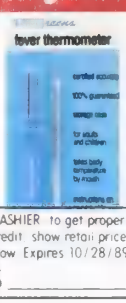
4 oz. Gel or new 8 oz. Spritz



40¢ off reg. price

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Walgreens Cash Value Coupon



CASHIER: to get proper credit, show retail price below. Expires 10/28/89.

$ _____

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FREE Oral Thermometer #671815. CUSTOMER: Redeem at Walgreens thru 10/28/89. Limit one per coupon. Other offers not applicable. STORE MGR: You will be reimbursed (to a maximum of $1.99) thru 10/28/89. Coupon does not include sales tax. Include with other cash report material for proper credit. Void where prohibited. (2845)

fiction

WAITING

Last spring, Milton Berle lost Ruth, his wife of thirty-four years. Here, he writes poignantly of a husband's emotions as his beloved wife faces surgery



By Milton Berle

He was surprised that the hospital had sent two people who looked like clowns to escort June to the operating room. The male nurse pushing June's gurney wore ill-fitting surgical greens. His short-sleeved top exposed his bushy black arm hair. His trouser legs were tucked into oversize foot mittens like the huge shoes worn by circus clowns.

The other nurse, a flat-faced woman (who looked as if she'd slept in her outfit) was steering the gurney out of the room as the hairy ape pushed. Her shower cap, or whatever it was, covered most of her face and made her look as if she'd been dressed against the cold by a zealous grandmother. The only thing missing for both nurses was the exaggerated clown makeup.

It was wrong of the hospital to be so frivolous. Someday, Al Raymond swore to himself, he'd get even. Of course, he'd make no overt threats until after June's surgery and recovery. Never bite the hand that's curing you.

In the corridor, holding the railing of the gurney, Alan walked backward so he could keep looking at his wife. Against the white pillow, her hair was the gray of angry clouds, yet each tress and curl was in place. She'd insisted on a morning at the beauty parlor the day before. "I will not go to the hospital without having my hair done," she said. "Who knows how long it'll be before I can look like a human again."

He said, "You'll get it done in the hospital."

She said, "They do hair like they make meals."

He didn't insist. Insistence never won with June. At the slightest push she'd screw up her face, emphasizing her button nose, and become steel.

In Rome during their first trip abroad, June wouldn't take a step toward the Vatican until the chambermaid at the Ingleterra had ironed the outfit of the day. There'd be no Sistine Chapel if she didn't look perfect. She knew what she was doing. She looked radiant when they arrived at the Vatican. Everybody stared and wondered who the stunning lady was. One priest, passing by, appreciated her and nodded vigorously. She and Alan were the last two tourists allowed in that afternoon.

The short procession stopped at the *(continued)*

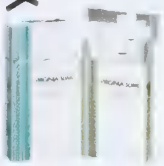


ebrate her latest
m, assistant milliner
Valsh lit up a
tte right in the shop.

Unfortunately, she soon found herself working for a mad hatter.

VIRGINIA SLIMS

You've come a long way, baby.



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9 mg "tar," 0.7 mg nicotine av. per cigarette by FTC method.



WAITING
continued

bank of elevators. A sudden look of fear came over June's face. Then, as if she wanted to atone for it, she called softly, "Honey."

"I'm right here."

"Do you want to trade places?"

"Anytime."

When Alan was being wheeled to his open-heart surgery, June had leaned over to him and asked, "Do you want to trade places?"

He added a sense of humor to the list of June's good traits he'd been compiling since he learned that she was facing surgery. He wanted this list to overwhelm her doctors, forcing them to do a better job. Only scratching the surface, he'd already conceded June's beauty, heroism, patience, concern and understanding. He hadn't even counted her superb mind and her warmth. Her ability to work the VCR was of value, too, but not in a class with her other qualities, not at this time.

Al spoke to June: "I love you."

When the elevator arrived, Miss Messy Nurse motioned for Alan to stay behind. "We'll see you soon." As the elevator doors started to slide together, it seemed as if June tried to sit up so she could continue to maintain eye contact.

Nobody paid any attention to Alan as he walked back to June's room. Hospital personnel scurried in and out of the rooms. How could they not know that he was the husband of a miracle in the making? His wife, the beautiful patient from Room 705, was about to make medical history. After a fifteen-minute operation she was going to be freed of the vile disease that was ing away at her life. No X-ray chine, no CAT scan, no comp would ever find another evil cell the end of the day, she'd be up walking. There'd be no scars on best fifty-three-year-old body in aerobics class. Not one person h ered to glance at him. Finally reached Room 705.

The visitor's chair in the room uncomfortable. Obviously, the hos didn't want to encourage visitors least not those who were six-one weighed two hundred pounds, but fragrance of the three flower arra ments was pleasant. Alan's two d yellow roses crowned the nightst There'd be more flowers by the a noon. Everybody adored June. H included "loving" in the list of cha teristics? It belonged near the Anybody exposed to June was c about her.

Alan looked at the large baske fruit sent by her sister, Amy. June dom ate fruit; an orange once while. Nor did she care much for exotic jams sculpted into the dis Amy should have known better. hostility was shrinking the room. cording to the clock, a half hour gone by since June was maneuv out by the clowns. Forgiving Amy silent words, he considered pho her. She'd wanted to be in the hos with him. He'd demanded to be a with his wife. Nobody, but nobody, to be there, and that included moth sisters, friends and kids. He dec not to call Amy. Knowing her sne ness, she was probably hiding ou the hospital cafeteria or in a dark ner of the main lobby. Their mo was probably there, too, in some so disguise. She was also sneaky. Ju whole family was sneaky, inconsi ate and petulant. Alan had ordere son to attend his morning psycho class, and he decided his absence flected his uncaring and selfish ture. His evil thoughts were fl around the room, sucking out all air. To survive, Alan had to escap

The corridor was less active tha had been. A nurse smiled an autom smile that didn't acknowledge the m cal triumph being shaped in the op ing room. A bathrobed figure ste out of a room–then scampered bac June's mother? The urge to check c and went quickly. Then the bathr figure appeared again. An old mar started off on his morning constitu al. Passing Alan, the old man shrug his shoulders sadly, summing up all questions and answers about gro old, infirm and weak.

It wasn't difficult to dislike the w ing room. A *(continued on page*



The Parsley House shown actual size
Spice rack: 22" high, 17" wide

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WHEN I SEE MY EX-HUSBAND, I HAVE THIS SECRET TRICK I PLAY ON HIM..."

by Leslie McClennahan

you ever notice that when you're fat, lon't look you in the eye? They look your shoulder. There's no eye contact. name is Leslie McClennahan. I'm a real h. I live near Goose Creek, South na. Up until two years ago, I was never l in the eye. By anyone.

'as too tired to be a lover to my hus- I was falling asleep by 8 o'clock most ngs. When I did go out for an evening, usband was ashamed of me. And said so face. When I walked, my thighs brushed ier. I couldn't even cross my legs. I was ot just "overweight." Fat. I was 5'5" nd weighed 205 pounds.

out 18 months ago, my husband Darrell "Dear Leslie" letter on my dresser. And or divorce.

went for counseling. I knew that my t was the source of my troubles. But I'd 14 different diets. One by one. And I at all of them.

counselor listened carefully and mmended an entirely different program. wasn't a "diet." It was a unique new t-loss program researched by a team of ric physicians—specialists who treat everely obese. The program itself was oped by Robert Johnson, M.D. of eston, South Carolina.

entered the program on October 2nd. n the first four days, I lost only three ds. So I was disappointed. But during hree weeks that followed, my weight n to drop. Rapidly. Within the next days, I went from 205 pounds to 124 ds. To me it was a miracle. This was irst time in my life I'd ever lost weight *kept it off!*

ne reason the program worked was le. I was *always* eating. I could eat *six every day*. So I never felt deprived. r hungry. I could snack in the after- . Snack before dinner. I could even k at night while I was watching T.V.

ow can you eat so much and still lose ht?

ne secret is not in the amount of food eat. It's in the *prescribed combination* of s you eat in each 24-hour cycle. Nutri- lly dense portions of special fiber, fined carbohydrates, and certain pro- that generate a negative caloric process continues all day long... a complete our fat-burning cycle. Fat is burned away nd the clock. Not just in unhealthy s like many diets. That's why it lets you pounds so easily. Without hunger. out nervousness.

And it's all good wholesome food. No strange foods. You'll enjoy a variety of meats, chicken, fish, vegetables, potatoes, pasta, sauces—plus your favorite snacks. Even some light wine or beer if you wish.

This new program must be the best kept secret in America. Because, up until now, it's *only been available to doctors*. No one else. In fact, The Charleston Program has been used by 207 doctors in the U.S. and Canada to treat more than 62,500 patients. So it's doctor-tested. And proven. This is the first time it's been available to the public.

There are other benefits too...

- ▷ There are no amphetamines. No drugs of any kind.
- ▷ No pills. No powders. No chalky tasting drinks to mix.
- ▷ There's no strenuous exercise program.
- ▷ You don't count calories. Just follow the program. It's easy.
- ▷ There are no daily charts or records to keep.
- ▷ You eat foods you enjoy. Great variety. Great taste.
- ▷ You can dine out.
- ▷ There's much less fluid retention.
- ▷ There's no ketosis. No bad breath odor.

But *here's* the best part...

Once you lose the weight, you'll *keep it off*. Permanently! I guarantee it!

Let's face it. We all have "eating lifestyles." Our eating habits usually include three meals a day. Plus two or three snacks. We all love snacks. Especially at night.

But most diets try to force us to change all that.

And that's why they fail!

The Charleston Program lets you *continue your normal eating lifestyle*. You can eat six times a day. You can snack when you wish. So, when you lose the weight, you can keep it off. For good. Because no one's forcing you to change.

Here are some *other patients* from South Carolina who entered Dr. Johnson's program with me.

Marie C. is a 42-year-old woman who went from 167 to 139 pounds in just three and a half months.

> *As I got into the program, I began to feel better, to develop more energy. Now my husband has trouble keeping up with me—in every way! I'm proud of my new body.*

Dr. Karl D. is a 36-year-old man who went from 275 to 145 in only *six months*!

> *...words cannot describe how good I feel. I'm not hungry or tired at all. I feel alive again!*

Fran H. is a 52-year-old woman who went from 223 to 135 in five months.

> *The world treats you differently when you're fat... not just the social world, but the business world. My whole world has changed since getting those 88 pounds off!*

Josette C. is a 33-year-old woman who went from 165 to 119 in four months.

> *My husband has started looking at me the way he did before we got married. He's starting to show jealousy when other men look at me or want to talk to me... it's wonderful.*

And then there's *me*.

Whenever I see my ex-husband, I have this secret trick I play on him. I know a restaurant where he goes with some of his "buddies." I love to go there with a date—I have plenty now—stroll past his table and whisper, "Hello, Darrell."

I know through the "grapevine" that his friends often ask about me... Who am I?... Am I single? And he has to tell them. I love it.

Obviously I'm excited about the program. This is the first time it's been available outside of a clinical setting. Dr. Johnson has asked Green Tree Press, Inc. to distribute it.

We'll be happy to send you the program to examine for 35 days. Show it to your doctor. Try it. There's *no obligation*. In fact, your check won't be cashed for 31 days. You may even post date it 31 days in advance if you wish.

Choose a day and start the program. If you don't begin losing weight within five days—and continue losing weight—we'll promptly return your *original uncashed check*. No delays. No excuses.

Or keep it longer. Try it for six months. Even then, if you're not continuing to lose weight on a regular basis, you'll receive a full refund. Promptly. And without question. This is the fairest way we know to prove to you how well this new program works.

To order, just send your name, address and post-dated check for $9.95 to The Charleston Program, c/o Green Tree Press, Inc., Dept. 727, 3603 West 12th Street, Erie, Pa. 16505.

Green Tree Press is a member of the Erie, Pennsylvania Chamber of Commerce. Bank and business references are available upon request.

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Finally...
equal treatment for hands



WAITING

continued from page 106

drab light blue, the walls were nondescript, as if the room didn't want to be noticed or identified as what it was. An oversize couch of leatherette material slouched against one of the walls. Over it hung a framed print of a rainy Paris evening.

He remembered once when June put up quite a fight with a street artist in Paris. The man's badly chipped teeth made his request for a hundred dollars seem poignant. June offered him ten dollars. Finally, June gave the artist forty dollars, ten for the painting and thirty because he limped and had a bad cough. She added nothing for the bad teeth. The painting hung in the living room now.

June did all the business negotiations on trips and at home, too. Two dollars short one month on her bank statement, she went over the figures for half a day until she found the discrepancy. Sitting at her Shaker desk in the bedroom, papers strewn about, she was Eisenhower planning the invasion of Europe. Once Alan brought her a cup of tea while she was at work on the bills. It was boiling hot, so they'd made love instead. "I'll murder you," she said, "if you make me lose my place." It was twenty-five years ago. Her hair was darker then, with only a few gray streaks.

June wouldn't have given a dollar for the print in the waiting room.

Sucking himself from the grip of the leatherette couch, he leaned forward to pick up a magazine. Why did this waiting room have magazines on boating? Pamphlets on eyesight and smoking didn't interest him either.

He decided to hate the table that stood near the couch. All the furnishings in the room were obviously scavenged from garage sales. He added a second good reason for hating the hospital. Someday he would burst in on a meeting of the board of trustees and let the members know what their proud, high-class hospital was really like. Your nurses are jokers! Even the Salvation Army would reject your furniture! And there's more! He was sure there was more.

A middle-aged man wearing a Dodgers jacket walked in. Sitting on a bench, he asked, "How long you been waiting?"

Alan said, "About an hour."

"Who is it?"

"You mean—operated on? My wife."

"What kind of operation?" he asked.

"An operation."

"I'll shut up. I know how tough these things can be."

"I'm sorry."

"It's okay. My wife is in for a thing and I'm a wreck. She went three hours ago."

"She'll be okay."

"It's a damn pain in the neck exclaimed. Standing slowly, he we the window and looked out. A mo later, he wheeled around and he for the door. Before leaving, he a "Why does it take three hours?"

He hadn't fooled Alan. Alan kn hospital shill when he saw one looked at his watch. It was al eleven. If June was down there for hours, he'd give her hell. Mr. Doo Fan was coming unglued because little thing. Alan had a big thi worry about.

June never did things halfway his wife. When they'd moved to fornia she didn't settle for a nice h home with five bedrooms and t baths. They had to move to a c with a thousand bedrooms and Olympic pool. How about six or trees that kept dropping fruit into pool? He didn't need a loquat tre back so that it could drip sap. He proud of all the fruit, he had to a that. The Valencia oranges tasted liquid sugar with a faint bite. If so thing happened to June, who wa

and nails.

Vaseline® Intensive Care® Hand & Nail Formula Lotion. It softens rough, dry hands and helps strengthen nails. All at the same time. Hand & Nail Formula has moisturizers for your hands and Keratin, the protein found in healthy nails. Gently massage Hand & Nail Formula into your hands and each nail to give hands and nails the treatment they deserve.

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ays giving fruit to their friends and eighbors, Alan would have to keep ating fruit twenty-four hours a day. Why would he need eight bedrooms? he wouldn't dare die and saddle him ith eight bedrooms. One kid and ght bedrooms! He made a face at the ought of the overstocked freezer. hey had half a cow in that freezer. ow could he at half a cow lone? And Rob-y, their son, ouldn't help. his was his ear to be a veg-tarian. June ad some nerve etting sick dur-ng a vegetarian ear.

At eleven for-y-two Alan de-ided to march own to the op-rating room. Listen," he'd ell her point-lank, "if you do anything dumb, I'm hrough with you. I mean it. I'm not laying games. You'd better come out f this in perfect shape, or I don't want o know you."

The surgical crew might try to throw him out, but he'd get out the whole message. He'd go on with his tirade until every atom of anger had boiled over. He'd yell at her for not taking care of herself, for not going to the doctor as often as necessary, for not eating right, for not sleeping right, for smoking all those years she'd smoked, for her three vodka martinis a year, for working too hard, for driving a foreign car, for liking bright red, and for hating Brussels sprouts. People who ate Brussels sprouts lived to be a hundred. The aerobics class was a stupidity. The guitar lessons in 1976 were just the dumbest activity of the year. Didn't she know that strumming on guitar strings weakened the fingers and sapped the whole body?



Milton and Ruth Berle at a 1988 fund-raiser in Los Angeles

Still wearing his greens, the doctor walked into the middle of his mental tirade. It was a quarter after two. He said, "I think we got it all."

Alan jumped up. "It was a long operation."

"She'll have some pain for a while, but all the junk is gone."

"Thanks so much."

"She's in recovery. We gave her a lot of anesthetic. She'll be out for a while."

"When can I see her?"

"Take another nap. I'll be back tonight. I suppose you'll be here."

He and his greenness went. Alone again, Alan accepted the good news matter-of-factly. Had he ever expected anything less than good news? He was free again to finish telling June the real facts of life, the really important stuff. Did she have the faintest idea of what she'd put him through? Could she know any part of the agony of his three sleepless months? Was she at all able to experience the knot of pain in his stomach when she cried? Would she have dared undertake the whole experience had she known what he had gone through since the green clowns had walked in? She'd spent her day in Valium heaven. His day was a misery. For the six and a half hours that he was an open wound he'd never forgive her! He'd blast her!

First, however, he would smile at her, inhale her pallor, touch her hand, grasp it firmly and then brush his lips against her cheek with a kiss made of moist dew. ■

"Uncle Miltie" has been a star of vaudeville, radio, film and television for over half a century. His new humor collection, "Milton Berle's Private Joke File," is being published by Crown in October.

Smoke this page.

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Merit Ultra Lights



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"Bibbidi-Bobbidi-Boo" is an important first issue – the first collector's plate ever reviewed and approved by the Walt Disney Board of Review.

It's an important work of art by Disney artists Willie Ito and Lisa King, based on original cels from the movie. Attesting to its importance, each plate is hand-numbered and accompanied by a Certificate of Authenticity.

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Like any marketplace subject to the laws of supply and demand, the plate market is ever-changing. Not all plates go up in value; some go down. But right now, Bradford Exchange analysts rate "Bibbidi-Bobbidi-Boo" as one of the year's top prospects . . . and we'll back up your purchase with our 365-day money-back guarantee.

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*As reported in the Bradford Exchange *Current Quotations®*, Vol. 17-1.

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There are plenty of reasons for that sluggish, I-can-barely-drag-myself-around feeling. Find out the latest on the fatigue epidemic . . . and the best ways to fight it

"Am I sick or am I tired?"

By Paula Dranov

WHY AM I SO WORN OUT?

It's a question that can keep you awake nights, and it's one that more women are asking themselves as they drag through their daunting days. Considering that most women now have jobs outside the home—and put in over twenty hours per week on housework—it's hardly surprising that fatigue seems epidemic.

Among complaints patients bring to doctors, only colds, flu and headache outrank tiredness, says Margaret Spear, M.D., an internist who specializes in the care of women and adolescent girls in State College, Pennsylvania.

A good night's sleep or a few days off is the best medicine for an energy crisis brought on by overwork. But tiredness that won't quit is more worrisome. Fatigue can sometimes signal the presence of serious diseases, physical and mental, ranging from iron-deficiency anemia to cancer to clinical depression—especially if other, more alarming symptoms are also present.

In the last few years, doctors have recognized two disorders that may explain some previously undiagnosed causes of fatigue. One, chronic fatigue syndrome (CFS), is signaled by debilitating fatigue that lasts for at least six months, accompanied by fever, sore throat, body aches and a number of other symptoms. Although some experts believe CFS is not uncommon, only a few thousand cases have been confirmed to date. Some victims have been shown to have higher-than-normal levels of antibodies to the Epstein-Barr virus, which was once—but is no longer—considered the main cause of CFS.

The second disorder, fibromyalgia—sometimes called fibrositis—causes fatigue and muscle and joint pain. More common than CFS, doctors say it may affect up to six million Americans. Interestingly, a recent study reported at this year's meeting of the American College of Rheumatology suggests that fibromyalgia and CFS may actually be the same disease.

But for all the recent headlines about these diseases, psychological disorders—principally depression—remain the key culprits in fatigue. And where no physical or psychological cause can be pinned down, lack of exercise or poor diet are often to blame.

An ongoing study at the University of Connecticut School of Medicine's Fatigue Clinic has been focusing on patients whose chronic weariness cannot be attributed to overwork or a lingering flu. Results to date have shown that depression is the *(continued)*

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(continued) underlying cause in over half of the 277 participants. Another 15 percent have been shown to be suffering from panic attacks or somatization disorder, in which patients develop an array of symptoms for which no medical cause can be found.

Another recent report also suggests that emotional factors may play a role in chronic fatigue. Researchers at Brooke Army Medical Center, at Fort Sam Houston, in San Antonio, Texas, compared 102 fatigue patients with a control group. They found that 80 percent of the fatigued patients had psychological test scores suggestive of depression, anxiety or both, compared with only 12 percent of the controls.

So are *you* sick or are you tired? In order of their urgency, let's take a closer look at the possible reasons for that worn-out feeling.

The new mystery malady

Chronic fatigue syndrome usually comes on suddenly, bringing with it typical flu symptoms—overwhelming tiredness, headache, sore throat, low-grade fever, weakness, tender lymph glands, muscle and joint aches, and an inability to concentrate. Some patients also complain of sleep disturbances, forgetfulness, irritability, confusion and depression.

"Once doctors regarded a diagnosis of fibromyalgia as a polite way of saying, 'It's all in your head.'"

Consider the case of Lynn Finch, who was working as a nursing supervisor in an Oregon hospital when she came down with pneumonia in 1978. She hasn't been the same since. After her recovery, she had to quit work because—in addition to being tired all the time—her muscles and joints ached and she had a constant low-grade fever and a sore throat.

Lynn was treated for depression but couldn't tolerate the drugs. Whenever her symptoms subsided, she tried to return to work, but inevitably the fatigue, achiness and depression forced her back to bed. Her fatigue is still so overwhelming that all she can manage to do is light housework. She even has to use a wheelchair to get around the supermarket.

Lynn's case may sound extreme, but it illustrates how different CFS is from ordinary fatigue. Experts admit they don't yet know exactly what CFS is, so they don't have a treatment for it. There is no specific test for CFS, and doctors won't even consider a CFS diagnosis unless weariness persists for at least six months and is so severe that patients must cut their daily activities in half. Even then, a host of other causes, from cancer to Lyme disease to multiple sclerosis, must be ruled out.

The notion that an undiscovered illness might be the cause of long-lasting fatigue stems from a 1985 epidemic near Lake Tahoe, Nevada. Local doctors found that many of their tired patients had antibodies to the Epstein-Barr virus (EBV), the bug that is usually the cause of infectious mononucleosis, and suggested that a condition they called chronic Epstein-Barr virus might be to blame. EBV seemed a likely culprit—until researchers found that approximately 90 percent of all adults, tired or not, have antibodies to the mono bug, indicating that most of us were exposed to it early in life, whether we developed symptoms or not. At that point, chronic Epstein-Barr virus was discarded as the explanation for long-lasting fatigue.

But researchers *had* come across some puzzling cases of fatigue that couldn't be ascribed to psychological problems or known physical illnesses. In addition to being extremely tired, these patients had sore throats and many other flu-like symptoms. In 1988 this mysterious malady was officially designated chronic fatigue syndrome (CFS). Although the disorder remains a puzzle, researchers have found a few clues:

- Many CFS sufferers have antibodies to a newly identified virus, human herpes virus 6 (HHV6) as well as Epstein-Barr.
- Since many healthy people also have antibodies to the two viruses, it seems unlikely that either causes CFS. But having high antibody levels to one or both could signal an immune-system problem that might explain CFS or the reactivation of either HHV6 or the Epstein-Barr virus.
- Between 50 and 80 percent of people with CFS have a history of allergies—compared with only 17 percent of the general population. This has led some researchers to speculate that the immune systems of people with CFS may overreact to allergens *and* viruses.
- Some CFS patients have abnormally weak "natural-killer" cells; these are the immune system's first line of defense against viral infections. But researchers don't yet understand how this relates to CFS.
- Some CFS patients have a history of depression or anxiety disorders, but so far, doctors don't know whether this is a coincidence or if it indicates that CFS and these psychological disorders are related.

Either way, living with CFS isn't easy. But Lynn says she has adjusted to the idea that "I'm going to have certain limitations for the rest of my life . . . unless they find a miracle treatment for CFS."

Aches and pains

Fibromyalgia—with its attendant muscle pain, disturbed sleep, morning fatigue and stiffness—has always been a controversial condition. Although patients' lab tests and X-rays are normal, they are often told they have arthritis, according to Don L. Goldenberg, M.D., chief of rheumatology at Newton-Wellesley Hospital in Newton, Massachusetts. Most patients—mainly women between twenty-five and fifty—suffer for years, going from one doctor to another seeking an explanation for their aches and pains.

A number of new studies have established that fibromyalgia can be diagnosed by the presence of a number of tender points at the shoulders and knees that hurt when pressed. Rheumatologists (joint and muscle specialists) claim fibromyalgia is the most common condition they treat, but until recently, most other physicians regarded the diagnosis as a polite way of saying "lady, it's all in your head."

Depression does appear to be more common than normal among patients with fibromyalgia, and some experts theorize that it may be related to certain sleep disturbances and stress. But most rheumatologists insist that the disorder is largely physical *(continued)*

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*U.S. PHARMACIST, January, 1987, p. 77

AM I SICK
continued

and can be treated successfully with heat, massage, and sprays or injections of anesthetics or cortisone. Stretching, exercise, biofeedback and hypnosis can also help.

Dragging you down

Jeanne Smith, a Connecticut beauty salon owner, was exhausted for more than a year. "I was so tired I could barely get to work," she recalls.

Jeanne had "changed doctors like you change underwear" before she discovered the source of her fatigue. "Most of them told me to lose weight," she says, "but I never believed that was the problem." When she heard about the fatigue study at the University of Connecticut, she volunteered.

After a thorough exam and a series of lab tests, Peter Manu, M.D., assistant professor of medicine at the University of Connecticut School of Medicine and a member of the study team, confirmed that Jeanne's tiredness stemmed from depression. It had been triggered by a long period of severe stress—a three-year timespan during which she and her husband separated and then divorced. Jeanne began taking antidepressant medication and within months lost twenty pounds and regained her former energy.

Depression is often the outcor prolonged stress. But it also ca triggered by seasonal changes, symptoms appearing in fall and w and disappearing during spring summer. This form, called season fective disorder (SAD), may be d the impact of light on brain horm and is often treated with exposu special lamps that emit light tha mics the rays of the sun.

Yet another variant, dysthymi order, or chronic low-grade depres has few symptoms other than fat low energy and poor self-est Dysthymic disorder often begin childhood or adolescence and pe through adulthood. Many pat have a family history of depressi manic-depressive disorder, in w depression alternates with overact

Most forms of depression ca treated with antidepressant me tion, with or without psychotherap tell my patients to be glad if de sion is the problem," says Manu. " treat that. If it is chronic fatigue drome, we don't have a cure."

Use it or lose it

Paradoxically, inactivity can wear out. "People who are sedentary sluggish, feel mentally and physi 'down' and lack physical energy," plains Harvey Simon, M.D., auth *The Athlete Within* (Little, Br 1987) and assistant professor of m cine at Harvard Medical School. l of exercise can lead to decrease muscle mass, bone-calcium den blood volume and heart-pumping tion. Exactly how these phy changes translate into fatigue known, but, says Simon, "if you motivate people to stick with a gram of regular physical exer they'll begin feeling better in fou six weeks, and after two to t months fatigue will vanish comp ly." Exercise also helps lift depres in some cases, so it may fight fat on more than one front.

Simon recommends starting slowly by walking, biking or sv ming for twenty minutes three tim week and gradually building up t minutes daily.

Running on empty

Poor nutrition can cause fatigue, in the U.S. such deficiencies are ra responsible. However, unhealthy ing habits can sap energy. Here's h *Dieting:* No scientific doubt abou cutting calories can make you tire as well as moody, irritable and un to concentrate. *(contin*

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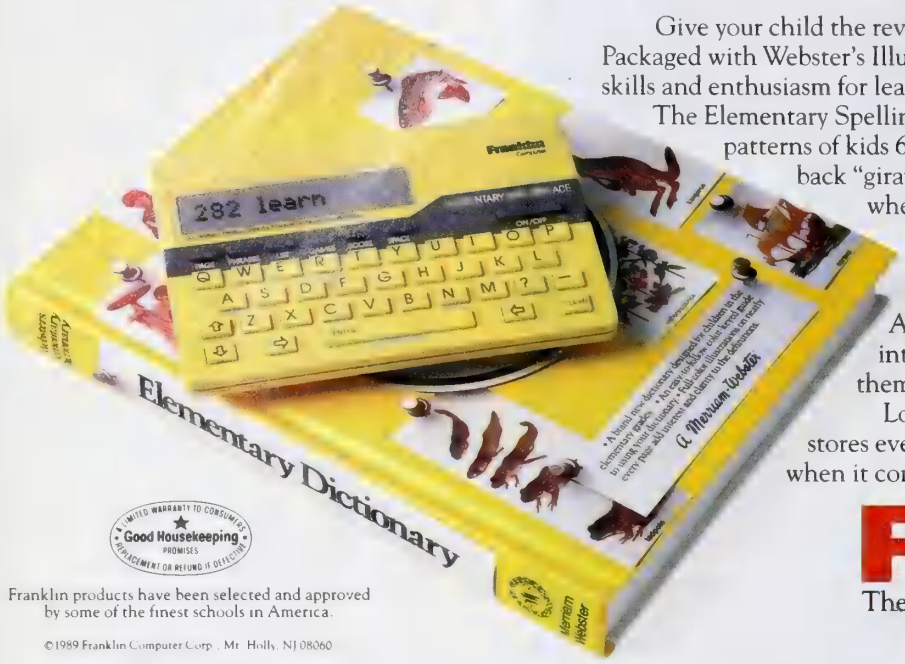
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AM I SICK
continued

Psychiatrists say long-term dieting is especially likely to cause these problems.

Erratic eating: Most women need at least 1,500 calories per day, but even if you take in more, certain habits can bog you down. "You are more likely to be tired if you have coffee for breakfast and yogurt for lunch and pack in all your food at night," says Mona Sutnick, R.D., a spokesperson for the American Dietetic Association. "You're running on empty all day."

Iron deficiency: Most women don't get the recommended dietary allowance of 18 milligrams daily, but few develop outright iron-deficiency anemia. Some women can be anemic and feel just fine, but others, with only a mild deficiency, can barely drag themselves around. Iron deficiency is easily treated with supplements. Too much iron can be harmful, however, so check with your doctor before taking any more than the amount in a daily multivitamin-plus-iron capsule (usually 18 mg.).

Caffeine: A lot of caffeine can make you tense, and tension is tiring. The stimulating effect of caffeine can also cause fatigue by robbing you of sleep.

Sugar: Battling fatigue with sweets is self-defeating, since dietary sugar raises blood sugar levels briefly, then causes them to plummet. Sugar can also contribute to fatigue indirectly, when a woman deprives herself of healthful food to make up for the nutritionally empty sweet calories she has consumed.

Still tired? Get some rest—or some exercise—and eat three square meals a day. If that doesn't help, your d probably can. Whether fatigu brought on by outright illness or r subtle emotional or lifestyle probl help is almost certainly available whatever may be wearing you out

Paula Dranov, a New York–b writer, contributes to many nati publications.

Are you getting enough sleep?

Do you sleep a lot more on weekends than during the week? Are you difficult to rouse you fall asleep when you don't want to—at movies, the theater, lectures or concerts? If answer yes to any of these questions, you need more sleep.

Most of us need between seven and nine hours of shut-eye a night, says Thomas F M.D., director of the Sleep Disorders and Research Center at Henry Ford Hospital, in Det Roth says people who think they can manage on less are cheating themselves and will the price with daytime drowsiness.

Our bodies operate on natural biological rhythms that control when we're sleepy when we're not. Most of us tend to be sleepiest between two and six A.M., and many pe also wind down between two and three P.M. These lulls have often been blamed on dip blood sugar, and Roth notes that the symptoms of low blood sugar (hypoglycemia) include tiredness. However, the mid-afternoon battle to keep our eyes open occurs, he s simply because we're programmed to drowse at that time. (The siesta was probably inve to cope with this phenomenon.)

Few of us can take a siesta, but you can give yourself a break—run an errand, stre move around your office. And remember: Food won't help. Not even fruit or other hea snacks can compensate for inadequate sleep. And, as far as sweets are concerned, the to the candy machine will do more to pep you up than anything that comes out of it!







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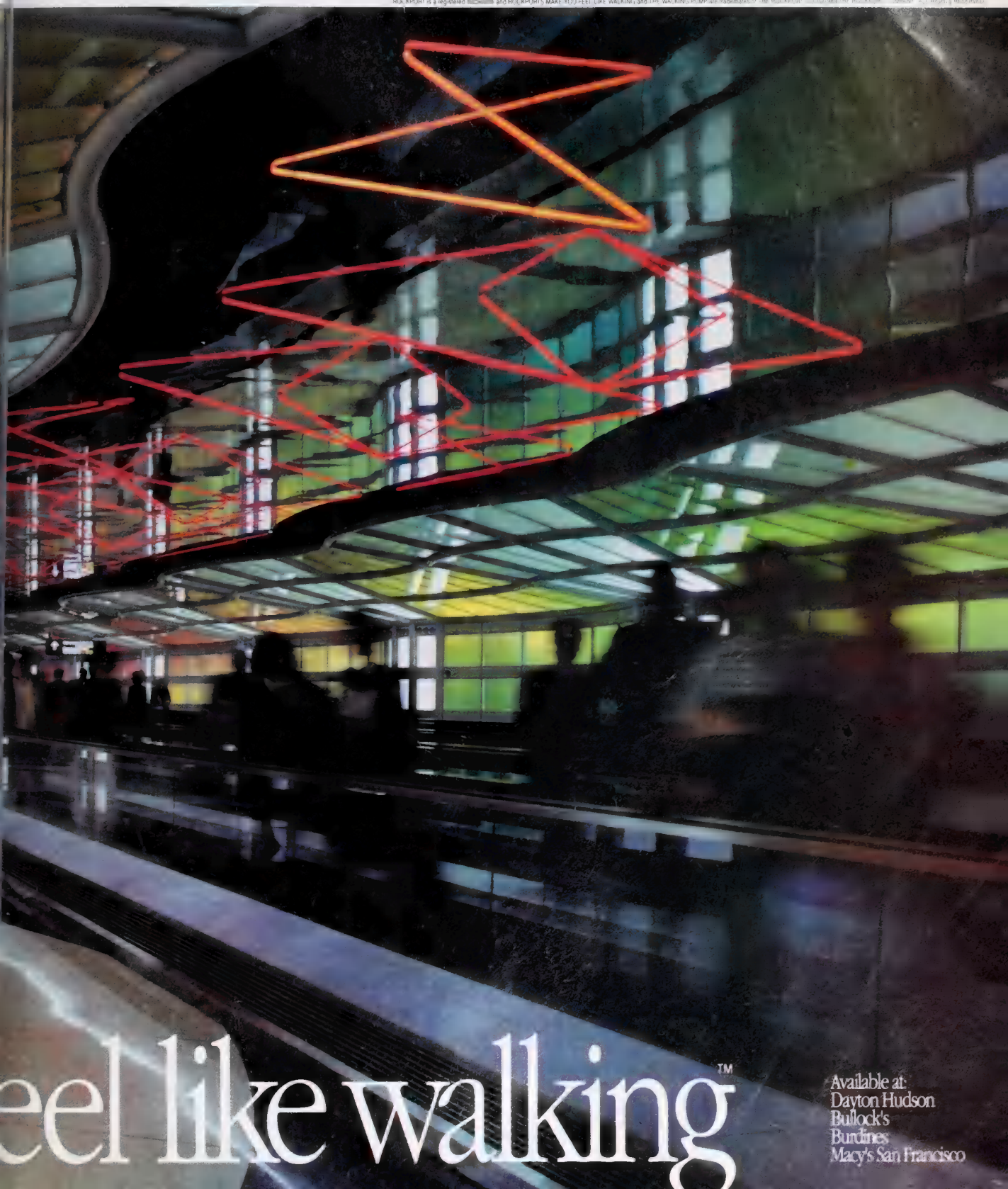
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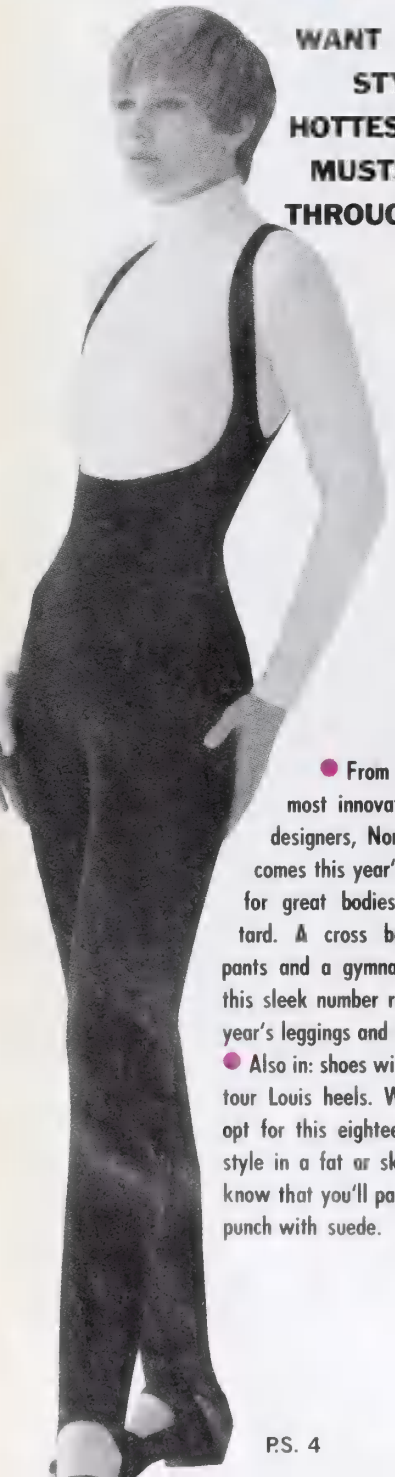
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Fashion-forward TRENDS

WANT UP-TO-THE-MINUTE STYLE? HERE ARE THE HOTTEST WARDROBE MUSTS TO TAKE YOU THROUGH THE SEASON

Text by Linda Fears



● From one of the most innovative fashion designers, Norma Kamali, comes this year's new basic for great bodies—the unitard. A cross between ski pants and a gymnastics outfit, this sleek number replaces last year's leggings and tee.

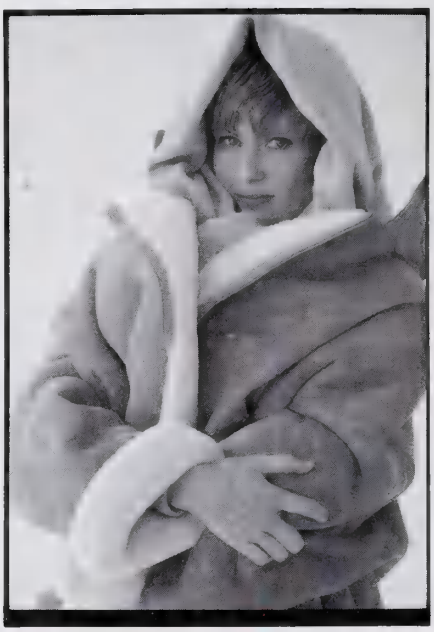
● Also in: shoes with low, contour Louis heels. Whether you opt for this eighteenth-century style in a fat or skinny width, know that you'll pack the most punch with suede.



● Suede is overtaking leather this year. Go for pants, jackets, vests, shoes and boots in warm chocolate, whiskey and terra-cotta.

● Remember John Lennon's famous round glasses? Well, circular specs are all the rage again, a bit smaller this time and best in wire rim and tortoiseshell.

● Another sensation? Short hair! Top models like Linda Evangelista and the new James Bond girls—Talisa Soto and Carey Lowell—started snipping first, and now everyone is cutting it short.



● The hippest way to keep toasty when the temperatures plummet? In an ultra-warm, ultra-chic shearling coat. They've replaced fur, leather coats and down as the most-coveted winter wrap. Every designer is turning them out in all lengths and all price ranges. And this year's shearlings have more style than ever, with roomy raglan sleeves, big shawl collars and turned-back cuffs. Classic buttery caramel is our favorite shade.

● Extra autumn necessities: drawstring duffel-shaped bags in all sizes; wool, suede and leather gloves; and crystal-studded jewelry.



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by Carolyn B. Noyes. Produced by Karen J. Reisler

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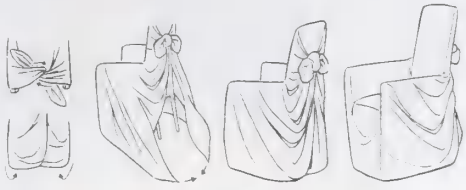
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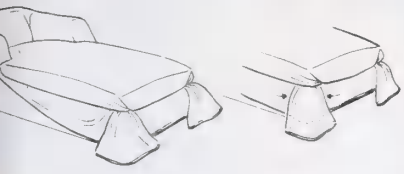
your favorite chair need a face-lift, but you don't want to go the whole olstery route? Do you want to add a jolt of color to a living room or om with a drab decor? It's a cinch to give your home a quick shot of chic—an ordinary bedsheet and a few simple knots. And there's no sewing know-needed! Slipcovering with sheets lets you avoid the waiting time involved custom-ordered fitted covers.

lid hues to choose for autumn? Go for darks—cypress green, magenta and black—just a few of the in tints available from Wamsutta's fall line. If e into prints charming, French country florals and paisleys are all the rage Look for Palais Royal's Le Carré collection.

r tabletop skirts and pedestal-table covers, use a 106x106-inch sheet. A 06-inch sheet will cover most straight-back, folding and dining-room chairs, armchairs and chaises; this size can also be used to fashion window swags canopy bed drapes. For a swag, center fabric and drape over valance hooks; h a bow at each corner. Decorate bedposts by folding the sheet in half hwise, pull up at corners and tie around top of post. To wrap up more new s, follow the instructions and diagrams below.

r fabric lengthwise over chair, leaving gh to drape over back and around legs. Tie areo knot at top back of chair. (To make a knot: Lap left side over right. Fold each ver, creating a double fold of fabric; knot) At the bottom, wrap excess skirt fabric d chair legs; tie, hiding knot inside. Balloon out in the back.



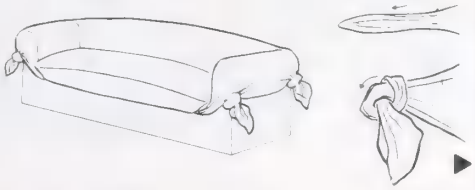


CHAISE

Center fabric over chaise. Tuck into back and around sides of bottom cushion, letting excess at the foot of chaise fall into skirt folds. Tie knots at back corners.

SEAT

e fabric centered over sofa. Beginning at r back, tuck in fabric behind and around cushions, leaving enough fabric covering frame and arms. Knot corners.



shown. "Calcutta Blue" by Palais Royal. Diagrams, courtesy of Palais Royal

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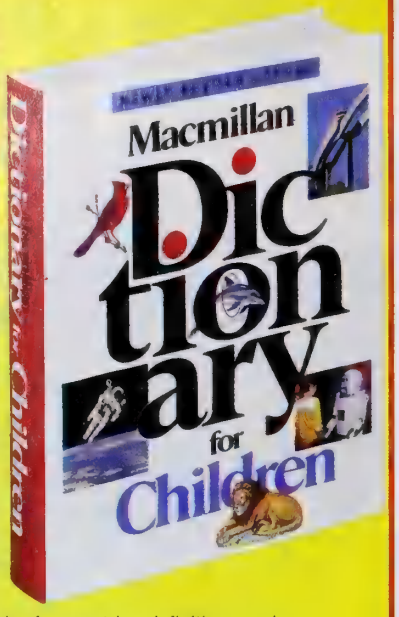
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DECORATING HOTLINE *(continued)*

CLASS FOR THE MASSES

No longer just for the rich and famous, top designer furniture and fabrics have made their way into department stores. Pro decorators have teamed up with well-known furniture manufacturers to bring their once-custom designs into homes across the country.

Mario Buatta, known as the Prince of Chintz for his love of traditional English floral fabrics, has worked magic in the homes of the likes of Billy Joel and Barbara Walters and now offers his designs through John Widdicomb Furniture. Buatta's English Regency Collection includes what he hopes will become the heirlooms of tomorrow—classically styled tables and chairs as well as pieces upholstered in his own chintz patterns.

Got designs on top-of-the-line furniture? Three of today's most sought-after interior decorators have their sights set on you, too

Another English country aficionado, Mark Hampton, who with Buatta redecorated the official White House guest accommodations, has designed a thirty-five-piece collection for Hickory Chair. Spanning the late eighteenth-century, Regency and early Victorian periods, Hampton's pieces include reproductions of his own antiques and a tufted sofa inspired by English decorator Syrie Maugham.

ENGLISH COUNTR IN AMERICA

If you love the look of En country decor, it's now easier ever to check out the lates romantic home furnishings.

Laura Ashley, the British fas and home-furnishings design pany, is opening stores across country devoted to home furn ings and accessories. In additio fabrics, wallcoverings and li bearing the company's trader florals, the stores will feature na, lighting, custom window tr ments and upholstered furniture well as an interior-design ser

Five home stores have alre opened, in Ridgewood, New sey; Alexandria, Virginia; C Chase, Maryland; New York and Dallas. Other stores are sch uled to open late this year in lingame, California; Buckh Georgia; and Kansas City, Miss


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MEDINEWS

By Sally Squires

TO HELP YOU AND YOUR FAMILY STAY HEALTHY

New hope for ulcer patients

A one-two-three punch seems to work best against ulcers, according to preliminary research at Houston's Baylor College of Medicine. Patients with ulcers who took bismuth drugs, such as Pepto-Bismol, and antibiotics along with the drug ranitidine, which reduces stomach-acid production, healed faster than those who took ranitidine alone. Reason: This specific three-drug combo seems to effectively fight a bacterial infection called Campylobacter pylori, which some doctors now believe contributes to ulcers.

Boosting your baby odds

Longing for the elusive joy of motherhood? If you're trying to get pregnant—particularly if you're undergoing artificial insemination or have sex infrequently, and must pinpoint your fertile times—you may be wondering whether it's worth trying one of the new ovulation prediction kits, such as Clearplan and First Response. Yes, says Luther Talbert, M.D., professor of obstetrics and gynecology at the University of North Carolina in Chapel Hill. These tests, performed in the privacy of your home, are at least 90 percent accurate in detecting the hormone changes that coincide with ovulation. But your *best* bet for conceiving, he adds, is simple frequency—you and your husband should have sexual intercourse at least three times a week.

Exercise and heartburn

Mom may have had a point when she said not to exercise right after eating. Strenuous, post-meal workouts may bring on angina-like pain. According to researchers at the Bowman Gray School of Medicine in Winston-Salem, North Carolina, the distress is caused by gastroesophageal reflux (GER)—the leakage of stomach acid into the esophagus. If you have chest pain, see your doctor to rule out heart disease. If GER is the problem, cut back on acid-producers like coffee and carbonated diet soda, and wait at least an hour before you exercise.

Two aspirin a day...

You know aspirin relieves headaches and may help to prevent heart attacks. Now experts say aspirin may also prevent migraines. Doctors at the Diamond Headache Clinic, in Chicago, report that taking two aspirin twice a day significantly reduced migraine frequency in 50 percent of sufferers.

This doesn't mean you should start dosing up on aspirin indiscriminately; large amounts can be toxic. And kids should be given aspirin only on a doctor's recommendation, because it has been linked to Reye's syndrome, an often fatal condition in patients under eighteen. The research does suggest, however, that the old standby in your medicine cabinet may prove to be even more potent than you thought.

Menopause mysteries

Could the timing of menopause indicate how long a woman will live? In a recent six-year study of more than five thousand women conducted by the University of Minnesota and Loma Linda University in California, women who underwent natural menopause before age forty were two to three times as likely to die of cardiovascular disease as women of similar ages who stopped menstruating between ages fifty to fifty-four. Women who went through menopause between forty and forty-four had a 54 percent higher chance of dying—and women forty-five to forty-nine had a 10 percent higher risk.

Interestingly, researchers found that when women underwent *surgical* menopause—removal of the ovaries or uterus—age did not appear to influence the risk of death. However, those who received estrogen replacement therapy (ERT) following surgery had a lower risk than those who did not. But ERT did *not* help women who underwent menopause naturally.

Though experts don't know why some women have an early menopause, smoking cigarettes appears to play a role. Regardless of when you reach menopause, help safeguard your health by avoiding smoking and by eating a balanced diet and exercising regularly.

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Home base

The boys of summer have been booed a lot lately for drugs, gambling and philandering. But Ryne Sandberg of the Chicago Cubs and his family symbolize old-fashioned values—on and off the field. By Mary Huzinec





It's a lazy, hazy, made-for-baseball afternoon as second baseman Ryne Sandberg, one of the Chicago Cubs' most popular players, steps up to bat in Wrigley Field. Chants of "RYNO! RYNO! RYNO!" bounce off the ivy-covered walls. Thus encouraged, the thirty-year-old star promptly belts a double into the left-field corner.

Sitting just behind home plate is a trio of towheads who are positively roaring for Ryno—wife Cindy, twenty-eight, daughter Lindsey, six, and son Justin, five. "Daddy!" the kids shriek in unison, jumping up and down. "That's our daddy out there!"

During a season when our national pastime has been begrimed by scandals, the Sandberg family sounds almost too good to be true. While news reports charge that Wade Boggs had a mistress, that Steve Garvey had impregnated two girlfriends and that Pete Rose gambled, the Sandbergs seem to be an old-fashioned, apple-pie baseball family. Ryne uses part of his $2 million annual salary to buy underprivileged children tickets to Cubs' home games and offers cash prizes to charities when he hits or steals bases. And Cindy, who put her own college studies on hold to work while Ryne made it to the majors, stays home to raise their children.



Their traditional four-bedroom brick home in a middle-class suburb of Chicago is filled with French country furniture and a collection of baseball bats and bicycles, plus two dogs and one cat. Not that there aren't many signs of affluence: A Mercedes 300E and a Chevy Blazer sit in the driveway.

Off-season, they occupy a $750,000 eleven-room dream house in Tempe, Arizona. They store their Porsche and a red Mercedes convertible, Cindy's twenty-fifth-birthday present from Ryne, in the five-car garage.

But if baseball has been very, very good to the Sandbergs financially, it does make many demands. Because Ryne's on the road with the Cubs for about three months a year, Cindy must manage the family on her own. "I don't try to be both Mom and Dad," she says. "I wouldn't even know how to begin. Besides, Ryne is such a great father. I just try to do whatever the kids need."



Cindy says she doesn't fret about the temptations her movie-star-handsome husband might face on the road. "Sometimes it's not easy being a baseball player's wife," she admits. "I do get lonely. But I don't worry about what Ryne's doing."

Ryne says he often regrets the long-distance lifestyle. "It's really *(continued)*

"Deep down, I always knew Ryne would be a superstar," says Cindy. Five-year-old Justin and six-year-old Lindsey join their mom in the cheering section. But do they know their father's a star? They shrug. "He's just Daddy"

Ruven Afanador

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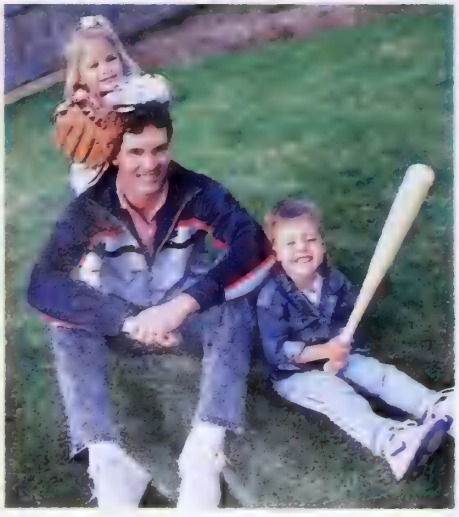
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FAMILY portrait

Ruven Afanador







When Ryne isn't playing baseball with his teammates at Wrigley Field, he gets plenty of practice at home in the backyard with Justin and Lindsey

(continued) difficult not being there. I've missed birthday parties, dance recitals and Justin's ball practices. But at least I can keep in mind that if I'm gone for a few weeks, I'll be back home for a few weeks. And I always know that I can be with my family for the whole winter."

Cindy insists that Ryne *is* that dedicated a dad. "He gets excited about his baseball accomplishments, but some of his proudest moments are when he can see Lindsey in a school program and say, 'That's my kid up there.' "

Not that the Sandbergs are about to reject the big-league life, mind you; it's what they've been hoping for ever since 1977, when they were high school sweethearts in Spokane, Washington. Back then, Ryne, who was named after Ryne Duren, a 1950s relief pitcher for the Yankees, excelled in football and basketball as well as baseball. "My dream was to play a professional sport," he says. "I really thought it would be a long shot."

After he graduated, Ryne had his choice of college-football scholarships, but he decided to take an offer from the Philadelphia Phillies to play for one of their minor-league teams. "Picking baseball was just a guess," he explains. "But I knew it would be a lot easier on my body than football."

Ryne's first stop in the minor leagues was Helena, Montana, where he rented a garage that had been converted to a bedroom. Since he couldn't afford to buy a car, he had to walk five miles to the baseball stadium.

"As far as the female fans go, my attitude is, 'Girls, you can look all you want, but he's married to *me*,' " says Cindy about her movie-star-handsome husband.

Cindy gave up her studies at a community college in Spokane to join him. They were married in 1979 in Spartanburg, South Carolina, where Ryne was then playing. "We had no official plans to get married, but when Cindy came to visit, I told her she wasn't going back home," Ryne recalls.

For three years the Sandbergs struggled to make ends meet. "Ryne started off making about $500 a month, so we were always broke," Cindy says. "We used lawn chairs for living-room furniture."

During the next few years, she earned extra money repairing players' uniforms. "I fixed zippers and sewed rips," she says. "We used to celebrate if we had twenty dollars in our wallet."

In 1982, Ryne learned that the Phillies had traded him to the Cubs. "I was in shock," he says. "But after I learned that the Cubs needed some infield players, I thought that I might have a shot."

His hopes were realized at the beginning of the season when the Cubs moved him up to fill an opening at third base. It took Ryne two weeks to get his first hit. But in 1983, he was moved to second base, where he quickly became one of the best players at that position. The following year he batted an impressive .314 and earned the National League's Most Valuable Player Award. Now in his eighth major-league season, Ryne has earned six Gold Glove awards for outstanding defensive play.

As for the future, Ryne says he'll continue his baseball career as long as he remains healthy. "I guess I'll play until I'm in my mid-thirties," he says. " I haven't put a time frame on it. I'll be sad when the time comes, but I try not to think about it."

When her husband retires, Cindy plans to return to college. "I'll probably study business, since Ryne and I hope to open a business together," she says. "It may involve fitness, sports or children. For now, though, we just want to protect what's important to us—our family, our health—and basically, we just try to be happy."

It's a goal that's probably very much in the ballpark. ■


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This is the bittersweet story of Roseanne Barr's roots and how she has become the funniest woman in America.

Ladies' Home Journal
September 1989



She's the champion of sass warfare, a true-blue-collar heroine who takes no lip from her boss, her spouse or her kids. We all know someone like TV's Roseanne, or think *(continued)*

the real Roseanne

By Kathryn Casey

"She's naturally funny. look at life as a joke

Roseanne's journey: The teenager's eight-month stay in a Utah psychiatric facility (lower right) was the most painful experience of her life. After leaving there, she moved to Colorado and worked as a waitress, cracking jokes that eventually got her on stage at clubs like L.A.'s Comedy Store (right)

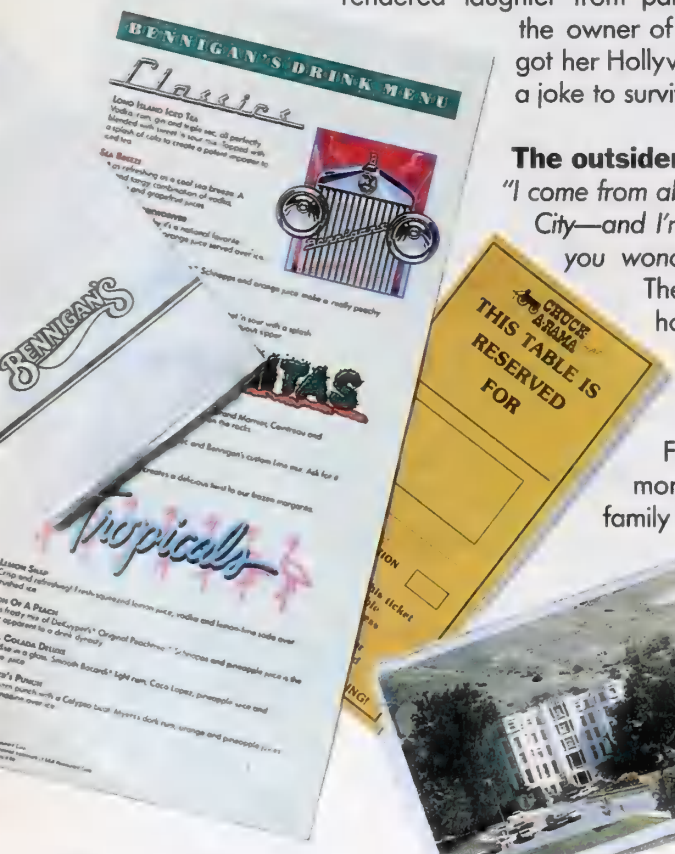


(continued) we do. But just how closely does Roseanne Connor, the sitcom smartmouth, resemble the real Roseanne Barr? Clearly, the two are kin. Tempered by troubled childhoods, they've become resourceful wives and moms; with a well-timed wisecrack, they can discipline a child or disarm a bill collector. They even share the same home-decorating skills; like Roseanne C., Roseanne B. has been known to camouflage the bald spots on a living-room sofa with an artfully draped afghan.

It looks, however, as if Roseanne-the-Real will never have to worry about money again. Now that her show's so successful, she's making more than a million dollars a year. Her autobiography, due out soon, had so many advance orders it was a best-seller long before it hit the stores. And she recently wrapped the movie *She-Devil,* co-starring none other than Meryl Streep.

So where do the two Roseannes diverge? How did an unhappy housewife from Denver become the sharpest, most successful comic of her era?

To find out, *Ladies' Home Journal* spoke to more than fifty of Roseanne's relatives, friends and associates. They depict someone whose will is as strong as her wit, a striver who has rendered laughter from pain and poverty. "She's naturally funny," says Mitzi Shore, the owner of The Comedy Store, in Los Angeles, where Roseanne got her Hollywood break. "She's had to look at life as a joke to survive."





The outsider

"I come from about the worst place in the world—Salt Lake City—and I'm Jewish. So that's why I'm like this, in case you wondered."

The house where Roseanne Barr spent her childhood has the look of a set from a classic suburban sitcom: a two-story clapboard structure with gingerbread trim, an oval window and a driveway lined with rambling roses.

From the time her parents, Jerry and Helen, moved there, three months after Roseanne was born, on November 3, 1952, her family stood out in the staid, working-class neighborhood. They were considered slightly eccentric, "liberals living in a conservative city," says a close family friend.

Dinnertime in the Barr household, like that of the Connors in *Roseanne,* was a catch-as-catch-can event. The table was never set; parents and children grabbed plates and ate wherever they wanted.

Vacations were similarly fly-by-night. "Once, Jerry came home and told the family they were going to Disneyland," recalls the friend. The Barrs simply threw some clothes onto a sheet on the

She's had to to survive."



living-room floor, rolled it up, jammed it into the trunk of their dilapidated car and were off to visit Mickey.

Most of the time, though, life in Roseanne's household was far from carefree. "Money was a problem," says another family friend. "There was never enough." Jerry, a door-to-door salesman of religious goods, jewelry and blankets, had a heart condition and was often unemployed, so Helen took in laundry or baby-sat to help out.

But living from hand to mouth didn't make Roseanne shy. She was brash and self-confident, a natural leader who started organizing neighborhood performances when she was in grade school. "She'd gather all of us kids together, and we'd put on shows in the backyard, in costumes Roseanne would make," remembers one playmate. "Once, when we were older, she had us paint boards like abstract art, and then we tried to sell them on the street corner. Roseanne was always in charge."

In school, though, Roseanne—a bright girl who was somewhat bored by classroom routine, just like her middle TV daughter, Darlene—showed a different side. She, her sisters, Geraldine and Stephanie, and her brother, Ben, were unquestionably outsiders, Jews in a city where more than 60 percent of the population is Mormon. Says one of Barr's classmates, "After about the sixth grade, the differences are so great that you just stop hanging around with the Mormon kids." The confusion was exacerbated at home by Helen's vacillation between Judaism and Mormonism. "One year the family would celebrate Chanukah; the next year it would be Christmas," a family friend says.







As a defense, Roseanne developed into a clown who entertained teachers and classmates with funny stories and quick comebacks. At the same time, she was intensely private, using her humor to hold others at arm's length.

"Everyone knew Roseanne in school because she was so funny," says Sherri Jaggi, one of her best friends in those days. "Still, she really kept to herself."

That funny-but-shy Roseanne vanished early in her sophomore year, when a car struck her as she and Jaggi were walking to East High School. Roseanne suffered a concussion, apparently when the car's hood ornament hit her forehead, and her legs were badly injured.

But the biggest effect of the accident, both she and her friends now say, was emotional. It was, in fact, a turning point in

(continued on page 214)

From Salt Lake City to superstar: Top—as a junior at East High School, Roseanne was just a face in the crowd; left her homes—in Utah and Colorado, and the entrance to her mansion in California; below—with her husband, Bill Pentland, who went with her from the communes of Colorado to the hills of Hollywood





A MOTHER'S REVENGE

To the police, the rape of Rita Baldridge's daughter was just one more case. But to Rita, it was a matter of life and death. And since the police couldn't find the man who had so brutally attacked her daughter, Rita grimly decided that she would have to catch him herself **BY MARCIA COHEN**

The minute Rita Baldridge answered her telephone that Saturday morning, she knew something was wrong. Her twenty-three-year-old daughter, Jamie, was on the line, but the young woman, who was normally so cheerful, spoke in a subdued, trembling voice. "Mom, I want to talk to you," she said. "Something really bad has happened to me. I've been raped."

Rita, stunned and disbelieving, fought to remain calm as she absorbed the news. "I asked Jamie where she hurt," Rita recalls. "I didn't ask about the rape itself, because I was more concerned with her feelings about it. But I was so furious, I was shaking."

Before she hung up the phone, Rita made a vow: "I'll get him. Jamie, I'll get the man who hurt you if it's the last thing I do."

This is the story of how Rita Baldridge, a forty-six-year-old psychiatric nurse, kept that promise. To do so, she put her own life on the line. She was reckless, but she succeeded—and caught a rapist who, *(continued on page 211)*

KATE the great

It is almost impossible to imagine, but at one point in her phenomenal career, Katharine Hepburn had appeared in so many flops that the nation's theater owners branded her box office poison. That same year, "Gone With the Wind" producer David O. Selznick refused to hire her for the part of Scarlett O'Hara because he felt the audience had an intense dislike for Hepburn. Then came Kate's blazing triumph on Broadway in "The Philadelphia Story." That was fifty years ago, and Hepburn has never looked back. Writer Chris Andersen, whose recent book, "Young Kate," was based on his own conversations with Hepburn over the past thirteen years, talked to some of Kate's famous friends and admirers for this intimate portrait of the legendary star.

Each morning the commuters stand on East 49th Street, anxiously waiting for the crosstown bus that will take them to their jobs in midtown Manhattan. Should these preoccupied people ever bother to glance across the narrow street, they might glimpse Katharine Hepburn maneuvering a bicycle out the door of her four-story brownstone and then pedaling off toward Central Park. Or they might see the small figure in beige slacks, black turtleneck and worn black Reeboks furiously sweeping her front porch. Once, Kate told me, a woman did break the bus ranks and approach her. "Oh, you are one of my favorites," gushed the fan. "I just love all your movies, *Audrey*." But for the most part, Kate goes about her daily business unnoticed and undisturbed—just the way she likes it.

Indeed, at eighty-one Hepburn remains an intensely private person, while ranking high on annual lists of the world's most admired women. "Katharine Hepburn is this creature I've created," she once told me, "and I'm her private secretary. Actually, I am sick to death of hearing about her."

Not so the rest of us. What is it that contributes to Hepburn's enduring mystique? When those who know her are asked to describe her, *independent* is the word that comes up most often.

"She's a complete original," says Lauren Bacall. "She has not fallen into any category—never has and never will. Katie never had an ordinary life, never lived by anyone else's rules. She has dealt with her life on her own, and I think that makes for a somewhat awesome woman."

Hepburn has allowed few people to get very close to her, but if she has a best friend, it is probably Bacall. The two first met in London in 1951 on their way to the Congo, where Hepburn was to begin work on *The African Queen*, in which she starred with Bacall's husband, Humphrey Bogart. The occasion was a hotel press conference, where Bacall remembers that "I got all done up in my Balenciaga suit and Katharine Hepburn stole the show in her pants!" It was *(continued)*



John Bryson



An all-star salute to a national treasure

By Chris Andersen

Photographs by John Bryson

KATE the great

(continued) the beginning of a lifelong friendship that would help them survive the loss of the most important men in their lives—Bogart and Spencer Tracy.

Yet even Bacall admits to having been intimidated by Hepburn at their first meeting. "Katie is a formidable woman, no doubt about it," she told me. "We kid each other about being difficult. I mean, we both are. She is very demanding and has no patience with anything but the best. Neither do I. She can be very abrupt and say things quite bluntly at times. I do the same thing."

Knowing Hepburn well doesn't mean that being her pal is easy, however. "I would never call her just to chat," Bacall says. "And sometimes, she makes me feel like she doesn't want me around. With Kate you just go along, and if she is in a good mood, that's terrific. If she's not, don't take it too personally, that's all."

Since the success of her first book, *The Making of "The African Queen"* in 1987, Hepburn has embraced a new career as an author. Up before dawn, she has a hearty breakfast in bed while scribbling down notes for her next book—she won't say about what—on yellow legal pads. Afternoons, she pores over scripts, searching for stories that don't depict old people "as pathetic, decaying bores."

Kate spends most of her time in her New York brownstone, where little has changed since she bought it in 1937. The interior reflects her Connecticut Yankee tastes—all plush sofas, Oriental rugs and burnished antiques. The high-ceilinged second-floor sitting room faces a shaded rear courtyard shared with two famous neighbors. Writer/director Garson Kanin owns the house to the right, and to the left lives composer Stephen Sondheim, who looked up from his piano late one night to see Kate rapping on his window, demanding that he quiet down.

There is also her family's sprawling summer house at Fenwick, an exclusive old-money resort on the Connecticut shore. There, "Aunt Kath," as she is known to a battalion of grandnephews and grandnieces, spends her weekends gardening, sailing and swimming in Long Island Sound. Hepburn's playwright brother, Dick, seventy-seven, lives at Fenwick year-round, and he and Kate are joined summers by the rest of the family. Brother Robert, seventy-five, is a retired surgeon; Kate's seventy-year-old sister, Peggy ("Noel Coward took one look at her and said,'Now, that's what Kate *should* have looked like!' "), works as a librarian. Her elder brother, Tom, died in an accident during adolescence; her younger sister, Marion, died of a heart attack three years ago.

"I admire Miss Hepburn tremendously—always have. And those cheekbones! I would have killed for them."

—Bette Davis

Surprisingly, there are few reminders at her town house that this is the home of the woman many consider to be the greatest actress in motion-picture history. There's not a single one of her record four Academy Awards (for *Morning Glory*, *Guess Who's Coming to Dinner*, *The Lion in Winter* and *On Golden Pond*) in evidence. One is at Fenwick; she allows the others to be displayed in the Empire State Building in the Guinness World of Records exhibition. But there *is* a striking portrait of Kate's friend Ethel Barrymore and a silver-framed photograph of Kate and Sir Laurence Olivier in a scene from their Emmy-winning performances in the 1974 television production *Love Among the Ruins*.

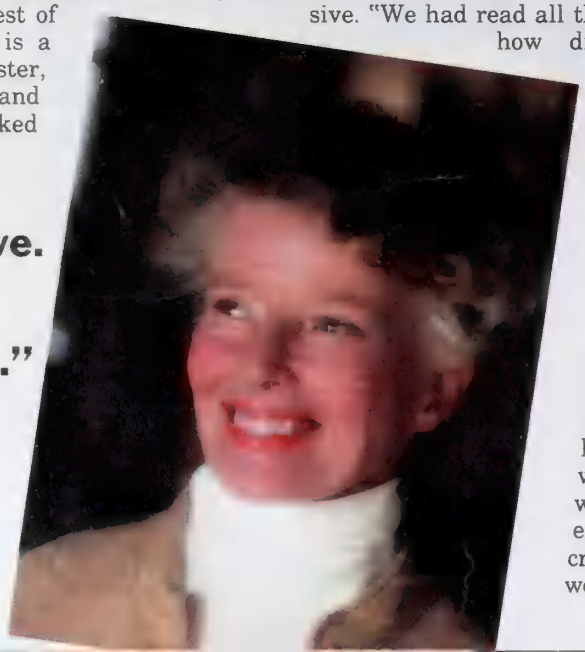
Obviously the project must have been special to Kate; it certainly was to her co-star. "That was my happiest professional film experience," Olivier told me. "Kate is singularly the most intelligent actress I've worked with, and it comes across on screen. She has tremendous star quality, of course, but more than that, she is a *personality*, someone with a strong center of gravity, which I don't think very many actors have."

One of the others who certainly does have it is Bette Davis. But amazingly, Bette—the only other living screen legend who rivals Hepburn in stature—has met her only once, and that was fifty years ago at a party given by director George Cukor. "We barely spoke at all," Davis recalls. "Funny, isn't it? God, you'd think our paths would have crossed more often than that over all these years. But if you were a big star you didn't get to know other stars unless you partied with them, and neither one of us went in for that sort of thing. We were both too damn busy working!"

When it comes to sizing up Kate's life and career, Bette Davis sounds like any other fan. "I admire Miss Hepburn tremendously—always have. And those cheekbones! I would have killed for them."

Davis clearly feels an almost sisterly affection for Hepburn. "We were two New England Yankees in Hollywood," she told me, "and that gave us a different perspective. We knew who we were, and we had a definite idea of how to do things. We did not just do what we were told, and in the end I think people respect us for that. I mean, here we are in our eighties, and we are still showing them!"

Respect, yes; but Hepburn has also been known to elicit other sentiments among her famous peers. When Jimmy Stewart and Cary Grant signed to work with Kate on the 1940 screen version of *The Philadelphia Story*, the two men were more than a little apprehensive. "We had read all those stories about how difficult and demanding Katharine Hepburn could be," recalls Stewart. "But she wasn't. Kate was absolutely first-rate—open, warm, helpful, incredibly easy to work with and very patient. Cary and I used to talk about how Kate had made the whole experience wonderful for everyone—cast and crew. I have never worked *(continued)*



John Bryson



They're gonna move you. They're gonna soothe you. Sheer Energy! She's got it going.

KATE the great

(continued) on a picture that went any smoother."

But things did not go so smoothly one morning when Kate asked Stewart, an experienced pilot who went on to serve in the Air Force in World War II, to take her up for a ride in his single-engine plane. As they started to taxi out onto the runway, Hepburn began tapping all the instruments with her finger. "Look," she said, "the oil pressure is low." Stewart told her that the gauge was broken and the oil pressure was just fine. Then, he recounts, "Kate proceeded to complain about everything. The needle on one of the other instruments wavered a bit. 'That's dangerous,' she said. I reassured her again that I had checked the plane out carefully. " 'Well,' she told me in no uncertain terms, 'I don't care for that at *all*.' "

Still grumbling, Hepburn eventually agreed to let Stewart take off. He offered to fly over some of the pretty countryside north of Los Angeles, but his passenger declared she had "had enough" and ordered him to return to the air field.

Then, as the airstrip came into view, Kate informed Stewart, "You're too high! You're going to land halfway down the runway."

"I told her, 'It's going to be all right, Kate, believe me,' " says Stewart. "Well, I landed, but it was really more like a controlled crash." Hepburn then got out of the plane, walked over to her car and drove off. "To this day"—Stewart laughs—"she has never said a word."

When Hepburn and another screen giant—Henry Fonda—co-starred in the 1981 film *On Golden Pond,* it was the first time they'd ever even *met*. Kate herself was not unaware of the occasion's symbolic importance; on a subsequent visit she gave Fonda one of Spencer Tracy's favorite fishing hats. Touched, Fonda responded by painting a still life of three crumpled hats together—his, Kate's and Spencer's.

One person who was not present for that first meeting was Jane Fonda, who had discovered, purchased and produced *On Golden Pond* specifically as a vehicle for her father, Hepburn and herself. When she finally met Kate at her New York town house a month later, she admits she was "absolutely terrified."

"I walked in, totally in awe of her, and Kate greeted me with a pointed finger, saying, 'I don't like you,' " Fonda recalls. "Well, it's like God condemning you. We had a rocky few hours there, but then I realized she was testing the waters . . . She saw me as some arrogant whippersnapper who expected to get top billing."

She was also testing Fonda's sincerity. Hepburn had severely injured her shoulder playing tennis, and she ran down a list of other actresses she thought Jane should hire to replace her. "When she seemed satisfied that it was Katharine Hepburn we *really* wanted," Fonda says, "she started grilling me about *my* role in the movie." In one scene, for example, Chelsea, Jane's character, executes a back flip off a dock. Did Fonda intend to do the flip herself, Kate wanted to know?

"I thought, Holy cow! I'm afraid of diving, especially backward, and I really had no intention of doing it," Fonda admits. "But I thought, Oh, my god, I'm going to *have* to do it to prove myself to her. So I said, 'Of *course* I'm going to do it myself!' "

Each day on the set, Fonda spent hours out on a raft in the middle of the lake, practicing her dive. "I could see Katharine watching from the shore," she remembers. "Finally, one day I did about six back flips in a row, and I climbed out of the water all covered with bruises. She wrapped me up in a towel and said, 'How do you feel?' When I told her I felt great, she smiled and said, 'Of course you do. Nothing is more important than overcoming fear.' "

Ultimately, Fonda was charmed by Hepburn's candor. "What I love about Katharine is that she wears her emotions on her sleeve. If she is angry or hurt or worried or concerned, it's right there, out front where you can deal with it."

Fonda even admits that as a child she used to fantasize that Kate and her father were married. "Now more than ever, I wish she were my mother," Fonda says. "I wish she were around me all the time."

Looking back on the filming of *On Golden Pond,* Fonda says she "learned more from Katharine than from anyone I've ever met. She has these incredible gifts, this wealth of knowledge that she wants to pass on."

The role of mentor is hardly new to Hepburn, however. Stage, film and television star Angela Lansbury credits Hepburn with "taking me under her wing early in my career. She became my champion, and we are great friends to this day. I feel I owe her a great deal."

When she was in her early twenties, Lansbury was cast as a publisher trying to come between Hepburn and Tracy in *State of the Union.* As Lansbury recalls, "I slithered up to Spencer in a slinky robe and tried to seduce him while Katharine watched us from the sidelines. Somehow I got through it, but under that robe my knees were literally knocking together. Katharine went out of her way to make me feel at ease."

Today, Hepburn is unabashedly proud of her former protégée's phenomenal success, noting, "No one has worked harder or deserves it more."

No one, that is, but Kate. ■



"I walked in, totally in awe of her, and Kate greeted me with a pointed finger, saying, 'I don't like you.' We had a rocky few hours."

—Jane Fonda

John Bryson

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BROOKE SHIELDS

A change of face



Could a different hairstyle and revamped makeup reveal a new you? If you doubt it, just look at these photos of superstar Brooke Shields! We teamed pro photographer Patrick Demarchelier and top hairstylist Didier Malige for Jean Louis David with makeup aces Bonnie Maller and Linda Mason to give this great American beauty surprising new looks

A YOUNG-LOOKING, SEXY BROOKE. ACCORDING TO MAKEUP ARTIST BONNIE MALLER, "THIS IS A MONOCHROMATIC, MATTE LOOK THAT'S PERFECT FOR BROOKE AND MOST WOMEN. I USED WARM TONES OF BROWN TINGED WITH LOTS OF YELLOW AND RED. EVERYTHING IS SMUDGED, BLENDED, MUTED—POWDERS GIVE A SOFT EFFECT. BROOKE'S FULL LIPS ARE MATTE AS WELL, LINED AND FILLED IN WITH THE SAME SOFT TERRA-COTTA."

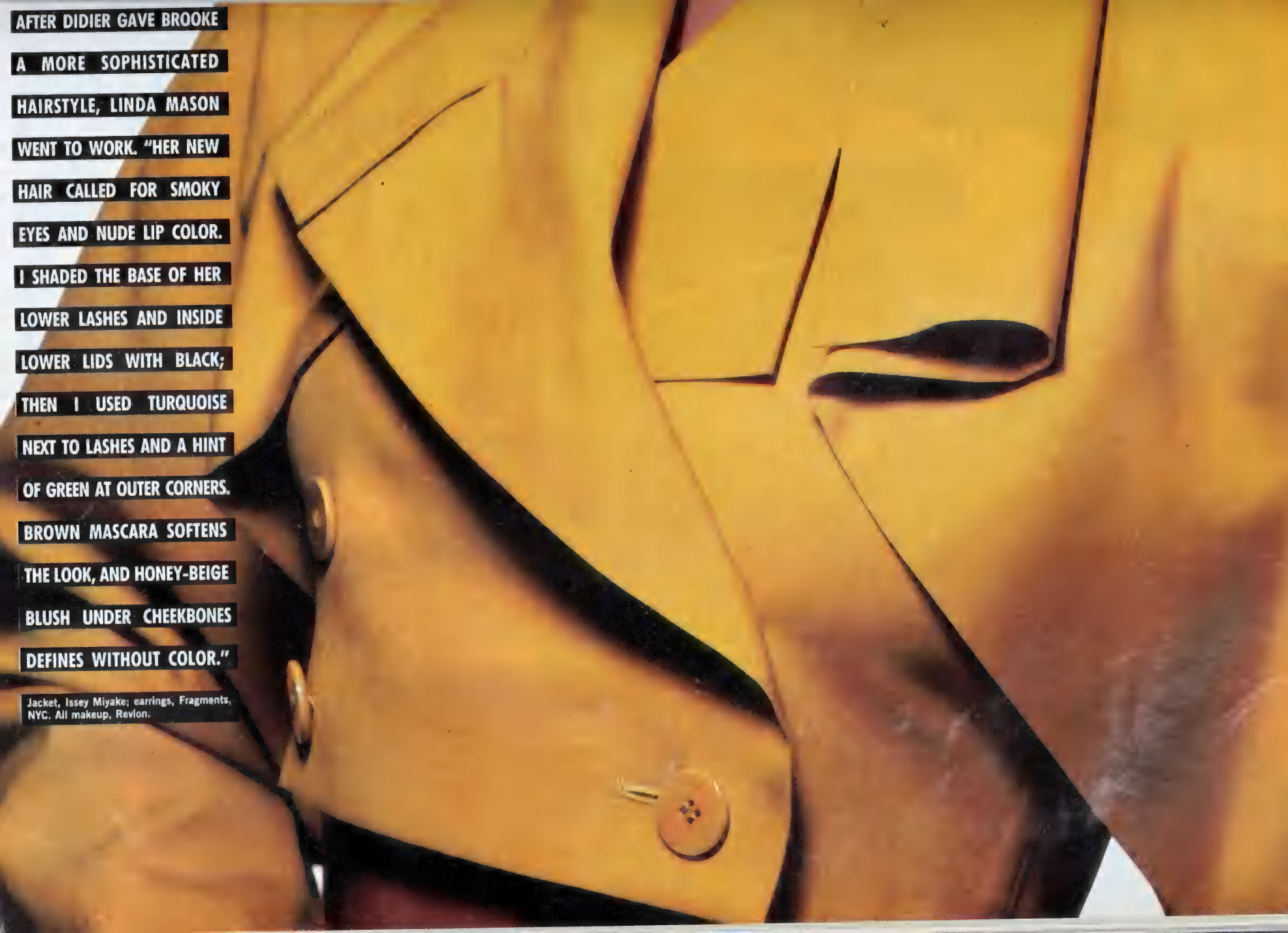
Top, Giorgio di Sant'Angelo; bracelet, Showroom Seven. All makeup, Ultima II.



A change of face



Voilà! Notice how a switch to shorter, darker hair—plus the makeup artist's imagination—creates fabulous, head-turning drama: a Brooke no one's ever seen before!



AFTER DIDIER GAVE BROOKE A MORE SOPHISTICATED HAIRSTYLE, LINDA MASON WENT TO WORK. "HER NEW HAIR CALLED FOR SMOKY EYES AND NUDE LIP COLOR. I SHADED THE BASE OF HER LOWER LASHES AND INSIDE LOWER LIDS WITH BLACK; THEN I USED TURQUOISE NEXT TO LASHES AND A HINT OF GREEN AT OUTER CORNERS. BROWN MASCARA SOFTENS THE LOOK, AND HONEY-BEIGE BLUSH UNDER CHEEKBONES DEFINES WITHOUT COLOR."

Jacket, Issey Miyake; earrings, Fragments, NYC. All makeup, Revlon.



Photos,
Nesti Men
hair, Steph
Lempire; n
Linda Mas

Who cares what everyone else wears? Your wardrobe should reflect your attitude and suit your lifestyle. Coming up, the best of autumn's options. Decide which look is right for you . . . and personal style is in the bag



By Lois Joy Johnson, Beauty and Fashion Editor

FASHION



Model, Penni of F
suit, Basco Collec
digan, N. Peal;
chain-link neckla
gold-tone chain-l
pearl necklace, An
pearl-and-faux-je
tone chain-link
and rhinestone
chain-link necklac
ta Pinto; charm
and earrings, C
chain belt, Anni
chiffon scarf, thi
Collection; glove
Paulson; quilted l
Spettacolo Inc.;
Maraolo; hosiery,
dog, Dawn Animal

the sophisticate

Frankly feminine and impeccably polished, you favor the classic appeal of tailored suits (newest are boxy jackets and slim skirts in houndstooth); cashmere sweaters (best are gold-button cardigans); a gold-chain belt, long gold chain-link necklaces infused with faux jewels, giant gold-and-pearl button earrings (you do have a gilt complex); charm bracelets; a quilted leather handbag; sheer black hose; black suede pumps; a big chiffon bow.

you sporty with a yen for
enswear? Here, what to borrow
rom the boys: white tees to layer under
weaters and shirts; a bold blazer in navy, plaid or tweed;
trousers—tapered and ankle-grazing or full and cuffed; brown
or black brogues, wing tips, loafers; argyle socks; an oversize trench;
cardigans and V-neck sweaters; white or pastel button-down shirts.

BOY CRAZY



Model, Anitta Torne of Click; blouse, cardigan and trousers, Linea Gitano; mock-turtle sweater, Benetton; blazer, United Colors of Benetton; trench coat, Sabato Russo; shoes, Maraolo; sunglasses, Paul Smith; silver-band ring, Roy Heinan; gloves, LaCrasia; socks, Burlington; bat, ball and glove, Paragon.

Model, Melanie Kremser of Click; sweater, skirt and shawl, Anne Klein II; hoop earrings and bracelet, Anne Klein; watch, Gitano; glasses, Alain Mikli; belt, Spettacolo; attaché case, Louis Vuitton; handbag, Adrienne Vittadini; pumps, Maraolo; hosiery, Christian Dior.

confident

You're on the fast track, and your fashion statement signals success—but with a feminine slant. Get down to business in a high-powered sweater, softly draped in the new neutral, camel; a slim black skirt; a wide belt; a shawl slung over one shoulder; low leather pumps; important glasses in tortoiseshell or black; and a structured handbag.



Euro-chic

You dress to thrill—anything that's a rave on the runways of Paris and Milan finds its way into your closet. Gutsy and charismatic, you dare to mix colors and wear a body-conscious jacket in hot orange or acid green; skinny stretch stirrup pants; shoe-boots—this season's kickiest trend; long leather gloves in a sweep of contrasting color; an out-of-the-ordinary handbag and a stylized chapeau.

Model, Alison Houtte of Name; jacket, DKNY; pants, the Moses Collection; hat, Anne Moore; earrings and stickpin in hat, Mario Salvucci at Fragments; bracelet, Cynthia Rybakoff; gloves, Andre Van Pier; glasses, Michele Lamy; umbrella and shoes, Maud Frizon; handbag, La Bagagerie; pocket scarf, the Honey Collection; tights, Hue.



downtown

People stop and stare, wondering if you're famous. Why? Because your relaxed, city-smart look is made of mover-and-shaker style. Set a trend in a huge cabled sweater; a long, skinny suede (hot now!) skirt (to alternate with jeans); one-of-a-kind jewelry; a man-style vest and a swagger coat—the in color is ocher!

Model, Gail O'Neill of Click; sweater and suede skirt, DKNY; suede vest, Sisley by Benetton; wool overcoat, United Colors of Benetton; cashmere scarf, N. Peal; hat, Hat Attack; all jewelry, Nusraty Afghan Imports, Inc.; shoe-boots (seen on page 153), Maraolo; tights (seen on page 153), Hue; luggage, Louis Vuitton.

femme fatale

A red-hot glamour girl, you love looking sexy—fashionably sexy, that is. Heat up in a silky animal print blouse; a black bustier or camisole (let lingerie peek through a partially unbuttoned top); a high-waisted, body-hugging knee-length skirt in soft, touchable suede or leather; high-heeled pumps—think brown—and sheer, dark hose to match; big hoop earrings; a few bangles and a faux fur coat—leopard, tiger, whatever fake you fancy!

Model, Paula Abbott of Paris Models; blouse and bracelet, Moschino; suede skirt, La Matta; necklace, Bijoux Wolf; earrings, Laura Vogel; pumps, Maraolo; hosiery, Hanes; leopard fake fur, Jean Philippe Ricquier.



thoroughbred

Your attitude is to the manner born, and your clot exude old-money taste. Join the horsey set v cashmere sweaters in creamy, upper-crust colors ivory, camel, taupe, dove gray (*you* don't worry ab dry-cleaning bills); a crested blazer; a single strand pearls—essential for a class act; jodhpurs and leat riding boots; leather gloves and a paisley as

Model, Lise Ryall of Click; sweater, N. Peal; jodhpurs, Y. Le V; bla Lizsport by Liz Claiborne; belt, Omega; boots, Maraolo; gloves, LaCra scarf, Echo Design Group; chair, Showroom outlet.

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"Look what



LOVE THE WARMT OF A QUAINT COUNTRY LOOK? Search for old bas to cozy up any ro instantly—notice how they make th simple bedroom more inviting. Sm baskets are perfe for potpourri; larg ones hold magazi beside a favorite armchair. And wh could be lovelier the breakfast tabl than a basket lined with a pretty damask napkin an filled with piping-hot muffins?

found!"

From quirky knickknacks to elegant antiques, flea markets provide a cornu-

ppia of treasures to brighten up your home. Here,

est bets to collect plus tips for spotting a real deal



IF CERAMICS SUIT YOUR STYLE, go for great tableware and pottery. A variety of colors and patterns make delightful displays, such as the dining-table centerpiece below. Crisp blue-and-white china is popular now—anything from delft to Chinese export. Seek out several shades of blue to mix and match, as on the alfresco luncheon table at left.





From ANTIQUES AT HOME, CHERCHEZ'S® BOOK OF COLLECTING AND DECORATING WITH ANTIQUES, by Barbara Milo Ohrbach with photographs by John Hall and text by Martina D'Alton, to be published in October by Clarkson N. Potter, Inc. ©1989 by Barbara Milo Ohrbach. All rights reserved.



GLASS TRULY BRI
A ROOM TO LIFE
capturing and ref
light. We love th
artful ensemble o
candlesticks and
punch bowl in the
sun-flooded dinin
left. Just as a va
of china makes a
table unique, con
how drinking glas
in a rainbow of c
could give a tabl
unexpected flair.
There are many
beautiful example
of colored glass f
the mid-nineteent
to early twentieth
centuries that ran
from rich ruby—
the vanity box,
tumbler and cove
jar below—to col
and canary yellov



HOPELESS ROMANTICS KNOW THE SECRET to creating an intimate mood in any room is lots of candles. Brass candlesticks in particular lend an old-fashioned air—look for the most interesting shapes you can find and group a slew together like the arrangement on the mantel at left. Antique silver objects add nostalgic charm as well. Scoop up delicate silver frames to show off favorite photos. A dressing table, above, takes on a feminine appeal when graced with silver-backed brushes and mirrors, powder jars, and perfume bottles.

HOW TO SPOT A SUPER BUY

the last word on glass

● How do you know if a glass object is old? Scratches on the bottom of a piece of old glass are the result of being moved about, picked up and put down thousands of times. These signs of wear should be spread evenly and randomly (not all in one direction) over the bottom. Also, there is a feel of old glass, a kind of oily softness or velvety patina, that new glass doesn't have.



● Glass that breaks cannot be easily repaired—a crack will always show. However, some damage can be erased by grinding and repolishing. For example, if the lip of a vase or bottle is chipped or cracked, it can be ground down. When examining glass, look at the proportions of the piece. If a decanter appears short in the neck, it may have been ground back. Examine the size and style of the stopper—if it looks like a mismatch, it may not be the original.

● Fine, early or valuable glass should be kept in closed shelves or cabinets to protect it from dust and breakage.

● Never put fine glass in the dishwasher. Wash in lukewarm water and a mild detergent, and line the sink with towels.

● Don't soak glass for any length of time, and never put any restored glass into water, since in many cases water-soluble glue may have been used to repair it.



Top: An enticing array of glass objects at an outdoor market. Above: Consider the dramatic effect of a large mirror in an elegant frame—it can take the place of a painting and double the size of a room.

down to brass tacks

● When buying silver, look at the object carefully. If it is very worn, you shouldn't buy it, but a piece with minor flaws is acceptable for display. Look for items in pristine condition if you want to use them often.

● You should carefully check the area where initials or a crest might have been. People sometimes try to remove these, and such tampering affects the aesthetics, if not the value, of the article.

● If you're interested in an object designed to hold liquids—teapots, coffeepots, pitchers—you don't want any holes. You can often spot signs of damage by holding the piece up to the light and looking inside. It can always be fixed, but you should know it needs repair before you buy it, so you can negotiate the price accordingly. Also, be sure the piece is all original and hasn't had a handle or finial from something else soldered on.

● Silver shouldn't be overpolished. Use a nonabrasive foaming paste cleanser, applied with a sponge. When washing candlesticks that have felt on the bottom, don't immerse in water. Hold upside down and let water run over the lower 95 percent.

● Never polish or wash bronze. The patina on a bronze object might be damaged by overcleaning. Brass, copper and pewter should be cleaned gently with cleansers made specifically for each metal. All repair and restoration should be done by experts.

pottery pointers

● Before buying pottery, go to a library and do a bit of research so you know what you are investing in. Visit local antiques shops where you can see objects up close and talk to the dealer. Then go to a museum with a good collection in your area of interest, and analyze what makes the pieces special.

● Here's a tip to figure out the age of an object: In 1891 the U.S. required by law that all imported pottery bear the name of the country of origin. So if an object says England on the back, you know it was probably made after 1890. The law was amended in 1914 to include the words *made in* as part of the mark. If a piece says "Made in England," it's a clue that the piece is a fairly new one.

● Before you buy china, examine its condition. If you want to have a fine collection, it should be as flawless as possible. Imperfections will affect not only appearance but also value. However, expect normal wear and tear. There should be little scratches on the bottom where the piece was picked up and put down. Feel with your fingers along the edges for chips that may not be obvious to the eye. Also, run your fingers over the entire surface to detect hairline cracks. If a piece looks too new, it's an indication that it might not be what the dealer claims it is.

● Always ask a dealer whether a piece has been repaired or restored, and look carefully yourself. Some restoration today is very difficult to spot.



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Lite
½ the Calories
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FOOD JOURNAL

The focus for fall fare:

Dinner ideas for every occasion—quick classics, elegant extravaganzas and health-conscious entrées—plus delectable desserts

LADIES' HOME JOURNAL TRIPLE-TESTED RECIPES







Sweet September, when summer says so long and autumn splashes the trees with red and gold. Those endless days of dinner any old time are over, so we've created recipes to suit a back-to-business schedule. When you've no time to spare, cook **GOURMET CLASSICS IN 20 MINUTES**—these all-time favorites are perfect for unexpected company . . . The four-star meals in **BEST RESTAURANTS' BEST RECIPES** are night-on-the-town spectacular . . . You know you ought to cut bad-for-you greasies from your diet, so turn over a new leaf with our **MEAL MAKEOVERS** . . . If you want to learn to make desserts like a pro, **LHJ's COOKING SCHOOL** is just for you . . . And for a real treat, the **MOUSEKETEER COOKIE BOOK** features the best bar cookies, bar none, so the kids won't miss the dreamy days of summer too much.

September





Picadillo and Beans with Warm Tortillas

Photos: Michael Melkenthin; prop stylist: Debrah Donahue. Details, page 208.

GOURMET CLASSICS in 20 minutes

Always dreamed of cooking classic, chef-inspired suppers but don't have the time or confidence? Great news: the easiest-ever recipes for world-class dishes. So quick you can whip them up for weekday meals, but fancy enough to serve to company.

BY MARIAN BURROS



Pork Tenderloin with Thyme and Skillet New Potatoes

20-MINUTE GOURMET
continued

Easy · Moderate · Challenging · (M) Microwave

*Flank-Steak Teriyaki
*Rice and Red Pepper Salad

*Recipe given



GAME PLAN:
- Cook rice.
- Preheat broiler.
- Marinate meat.
- Chop vegetables for rice salad.
- Broil meat.
- Finish salad.

FLANK-STEAK TERIYAKI

Scoring the steak tenderizes it and also helps flavors penetrate.

Prep time: 5 minutes plus marinating
Cooking time: 7 minutes plus standing ○

- 2 tablespoons water
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon grated fresh ginger
- 2 teaspoons sugar
- 1 teaspoon minced garlic
- 1½ pounds flank steak

Preheat broiler and broiler pan. Mix water, soy, ginger, sugar and garlic in shallow glass baking dish. Score meat ¼ inch deep cross-hatch style on both sides. Place in dish and turn to coat with marinade; let stand 5 minutes.

Broil 3 inches from heat 3½ minutes. Turn and broil 3 to 3½ minutes more for medium-rare. Let stand 5 minutes, then slice. Makes 4 servings.

Nutrition info per serving: 330 calories, 32 gm protein, 21 gm fat, 2 gm carbohydrates, 254 mg sodium, 90 mg cholesterol.

RICE AND RED PEPPER SALAD

A soy-sauce dressing gives a delicate Oriental flavor.

Prep time: 5 minutes
Cooking time: 15 minutes ○

Dressing
- 2 tablespoons olive oil
- 1 tablespoon reduced-sodium soy sauce
- 1 tablespoon rice wine vinegar
- 1 teaspoon cumin
- ¼ teaspoon freshly ground pepper
- 4 green onions, sliced
- ½ red pepper, chopped
- 1 cup rice, cooked according to package directions
- 1 tablespoon sesame seeds

Dressing: Whisk oil, soy sauce, vinegar, cumin and pepper until smooth. Add green onions and red pepper.

Add warm rice to dressing and toss to coat. Sprinkle on sesame seeds. Makes 4 servings.

Nutrition info per serving: 255 calories, 4 gm protein, 8 gm fat, 41 gm carbohydrates, 155 mg sodium, 0 mg cholesterol.

*Fettuccine Primavera
Crusty bread



FETTUCCINE PRIMAVERA

Fresh pasta cooks much faster than dried, usually in two minutes or less.

Prep time: 15 minutes
Cooking time: 5 minutes ○

- 1 cup part-skim ricotta cheese
- ¾ cup plain low-fat or nonfat yogurt
- Salt and freshly ground pepper
- ½ cup grated Parmesan cheese, divided
- 2 tablespoons olive oil
- 1 cup chopped onions
- 2 cups sliced mushrooms
- 1 teaspoon minced garlic
- 4 cups broccoli florets
- 2 tablespoons water
- 1 can (14 oz.) tomatoes, drained and chopped
- ½ cup chopped fresh basil or parsley
- 9 ounces fresh spinach or egg fettuccine, cooked according to package directions
- Basil sprig, for garnish

Process ricotta and yogurt in blender until smooth. Sprinkle with salt and pepper. Stir in ¼ cup Parmesan and set aside.

Heat oil in large skillet over medium-high heat. Add onions, cover and cook 2 minutes. Stir in mushrooms and garlic; cook 30 seconds. Add broccoli and water and cook covered until broccoli is just tender, 3 minutes more. Stir in tomatoes and basil and season with salt and pepper. Simmer until sauce is slightly thickened, about 2 minutes.

Toss fettuccine with tomato sauce in wide serving bowl. Top with ricotta mixture, sprinkle with remaining ¼ cup Parmesan and toss again. Serve immediately. Makes 4 servings.

Nutrition info per serving: 525 calories, 28 gm protein, 19 gm fat, 64 gm carbohydrates, 491 mg sodium, 83 mg cholesterol.

*Turkey Cutlets with Spicy Sesame Topping
*Couscous with Carrots and Cumin
Green salad (from salad bar)



GAME PLAN:
- Preheat oven.
- Make sesame topping.
- Prepare vegetables for couscous.
- Bake turkey.
- Finish couscous.
- Assemble salad.
- Finish turkey.

TURKEY CUTLETS WITH SPICY SESAME TOPPING

Buy the thinnest cutlets you can find; ensure quick, tender results.

Prep time: 10 minutes
Cooking time: 10 minutes

Spicy Sesame Topping
- 1 cup canned chick-peas (garbanzo beans), drained and rinsed
- ¼ cup plain low-fat or nonfat yogurt
- 2 tablespoons sesame paste (tahini)
- 2 tablespoons chopped cilantro
- 1 jalapeño chili, seeded and chopped
- 1 teaspoon ground coriander
- 1 teaspoon minced garlic

- 1½ pounds turkey cutlets
- ¼ cup plain low-fat or nonfat yogurt
- Cilantro sprigs, for garnish

Preheat oven to 425°F.

Spicy Sesame Topping: Process all ingredients in food processor, pulsing with on/off motion until mixture is chunky.

Arrange turkey cutlets on cookie sheet. Spread equal amounts of topping on each cutlet. Bake 10 minutes. Transfer cutlets to serving platter and top with yogurt and cilantro sprigs. Makes 4 servings.

Nutrition info per serving: 330 calories, 46 protein, 8 gm fat, 18 gm carbohydrates, 32 sodium, 107 mg cholesterol.

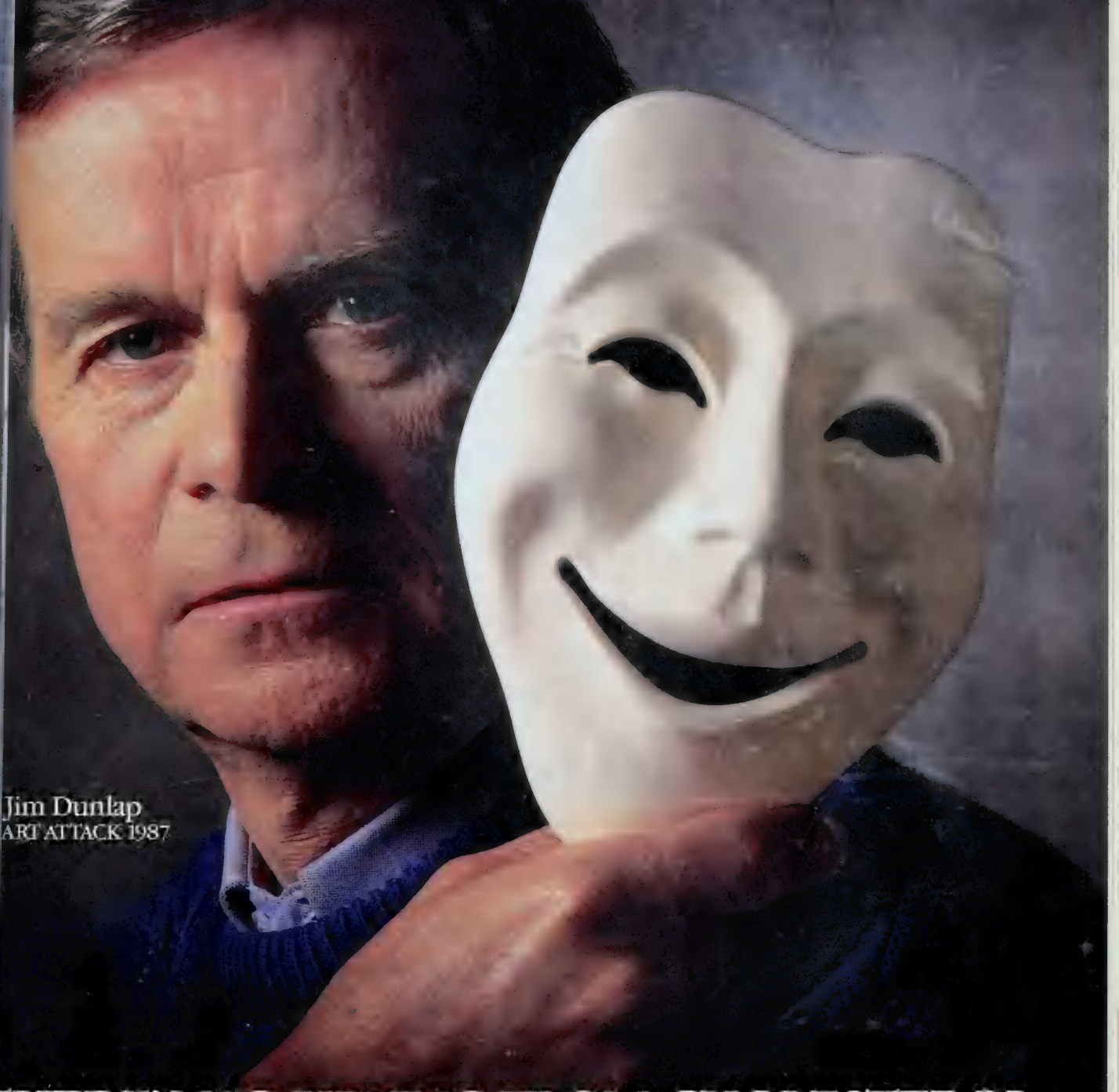
COUSCOUS WITH CARROTS AND CUMIN

Couscous is still a well-kept secret that deserves to be revealed. This grain cooks in only five minutes.

Prep time: 5 minutes
Cooking time: 10 minutes

- 1 tablespoon vegetable oil

(continued)



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20-MINUTE GOURMET
continued

3 carrots, grated
1 cup sliced onions
2 teaspoons cumin
2 cups chicken broth
1 cup couscous

Heat oil in nonstick skillet over medium-high heat. Add carrots, onions and cumin; cover and cook, stirring occasionally, 3 minutes. Add broth and bring to boil. Stir in couscous and remove from heat. Let stand covered 5 minutes. Makes 4 servings.

Nutrition info per serving: 210 calories, 6 gm protein, 5 gm fat, 35 gm carbohydrates, 606 mg sodium, 0 mg cholesterol.

***Fish Provencal**
Orzo
Zucchini and yellow squash



GAME PLAN:
- Make sauce for fish.
- Boil water for orzo.
- Cut squash and cook orzo.
- Microwave fish.
- Sauté squash.
- Top fish with sauce.

FISH PROVENCAL

If you don't have a microwave, cook sauce ten minutes, then add fish. The sauce will be thinner because of the moisture from the fish.

Prep time: 15 minutes ○Ⓜ
Microwave time: 6 minutes

1 tablespoon olive oil
1 small onion, chopped
1 teaspoon minced garlic
1 can (14 oz.) plum tomatoes, chopped (reserve liquid)
½ cup dry white wine
1 bay leaf
¼ teaspoon oregano
¼ teaspoon thyme
Salt and freshly ground pepper
1½ pounds flounder fillets, rinsed

Heat oil in large saucepan over medium-high heat. Add onion and cook until translucent, about 3 minutes. Add garlic and cook 1 minute. Stir in tomatoes and their liquid, wine, bay leaf, oregano and thyme. Cook, stirring, until sauce is thickened, about 10 minutes. Season with salt and pepper.

Place fish in single layer in 13x9-inch microwaveproof dish. Sprinkle with salt and pepper. Cover with plastic wrap, turning back one corner to vent. Microwave on High 2½ minutes. Rotate dish and microwave until fish is just opaque, 2 to 3 minutes more. Top with sauce. Makes 4 servings.

Nutrition info per serving: 210 calories, 33 gm protein, 6 gm fat, 6 gm carbohydrates, 302 mg sodium, 82 mg cholesterol.

***Pork Tenderloin with Thyme**
***Skillet New Potatoes**
Green salad (from salad bar)

GAME PLAN:
- Preheat broiler and season pork.
- Slice potatoes and begin cooking.
- Broil pork.
- Add broth to potatoes.
- Assemble salad.
- Finish potatoes.

PORK TENDERLOIN WITH THYME

If the meat is refrigerator-cold, it may take a bit longer than twenty minutes.

Prep time: 5 minutes ○
Cooking time: 15 to 20 minutes

1 teaspoon minced garlic
1 teaspoon olive oil
½ teaspoon grated lemon peel
½ teaspoon salt
¼ teaspoon freshly ground pepper
¼ teaspoon thyme
1½ pounds pork tenderloin

Preheat broiler and broiler pan.

Combine garlic, olive oil, lemon peel, salt, pepper and thyme; rub all over pork. Broil 3 inches from heat, turning once, until meat thermometer inserted in thickest part registers 160°F., 15 to 20 minutes. Slice. Makes 4 servings.

Nutrition info per serving: 235 calories, 39 gm protein, 8 gm fat, 0 gm carbohydrates, 364 mg sodium, 126 mg cholesterol.

SKILLET NEW POTATOES

If you don't have a food processor for the potatoes, prep time will increase.

Prep time: 5 minutes ○
Cooking time: 15 minutes

2 tablespoons olive oil
1½ pounds small new potatoes
½ cup chicken broth
Salt and freshly ground pepper
4 tablespoons grated Parmesan cheese

Heat oil in 12-inch heavy skillet over medium-high heat. Slice potatoes in food processor with thinnest slicing disk. Add to skillet and cook, turning once, 10 minutes. Reduce heat to medium and add broth; cover and cook, turning once, until liquid has evaporated, about 3 minutes. Sprinkle with salt, pepper and cheese. Reduce heat to low and cook covered until cheese melted. Makes 4 servings.

Nutrition info per serving: 225 calories, 6 gm protein, 9 gm fat, 31 gm carbohydrates, 251 mg sodium, 4 mg cholesterol.

***Picadillo and Beans**
Warm tortillas
Rice

GAME PLAN:
- Cook rice.
- Brown meat for picadillo.
- Prepare picadillo.
- Heat tortillas.
- Finish picadillo.

PICADILLO AND BEANS

This Spanish-inspired recipe contrasts the sweetness of raisins and cinnamon with the tartness of olives and vinegar.

Prep time: 10 minutes
Cooking time: 15 minutes

1 pound extra-lean ground beef
1 cup chopped onions
1 teaspoon minced garlic
1 jalapeño or serrano chili, seeded and minced
2 teaspoons cumin
2 teaspoons ground coriander
1 teaspoon oregano
½ teaspoon cinnamon
Pinch cloves
1 can (28 or 29 oz.) plum tomatoes, drained and chopped
1½ cups frozen whole-kernel corn, thawed
½ cup raisins
½ cup drained, pitted green olives, chopped
¼ cup distilled white vinegar
1 can (16 oz.) red kidney beans, drained and rinsed
Freshly ground pepper
¼ cup slivered almonds, toasted

Brown beef in 12-inch nonstick skillet over medium-high heat. Stir in onion, garlic, jalapeño, cumin, coriander, oregano, cinnamon and cloves. Cook until onions are translucent, 3 minutes. Add tomatoes, corn, raisins, olives and vinegar. Simmer over medium heat until thickened, 10 minutes. Stir in beans; season with pepper. Top with almonds. Makes 4 servings.

Nutrition info per serving: 605 calories, 34 gm protein, 28 gm fat, 61 gm carbohydrates, 1,214 mg sodium, 78 mg cholesterol.

Marian Burros is a food writer for The New York Times. Her new book, "30-Minute Menus," is published by Simon and Schuster



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Photos, J. Barry O'Rourke; prop stylist, Debrah Donahue.

It's back-to-school for cooks, too! Our special LHJ food course premiering this month can help you master the skills that put baking blunders behind you. Here, everyone's favorite—dessert

The LHJ Cooking School

Layer cake

Wonder why your cakes aren't light and fluffy? Learn how to cream ingredients properly—the secret of a light butter cake.

Prep time: 20 minutes
Baking time: 35 to 40 minutes

- 2½ cups all-purpose flour
- 2 teaspoons baking powder
- ¾ teaspoon salt
- 1¼ cups milk
- 1½ teaspoons vanilla extract
- 10 tablespoons butter, softened
- 1¾ cups sugar
- 3 eggs, at room temperature

Frosting

- 5 squares (5 oz.) unsweetened chocolate, chopped
- 5 tablespoons butter, cut up
- 2½ cups sifted confectioners' sugar
- ½ cup milk
- 1 teaspoon vanilla extract

Preheat oven to 350°F. Grease two 9-inch round cake pans, line bottoms with wax paper; grease again and flour.

Stir flour, baking powder and salt together. Mix milk and vanilla (photo 1). Cream butter and sugar until light and fluffy (photo 2). Add eggs one at a time, beating 1 minute after each addition; beat 3 minutes more (photo 3). At low speed add dry ingredients alternately with milk, beginning and ending with dry ingredients. At medium speed beat 2 minutes.

Pour into pans. Bake 35 to 40 minutes, until toothpick inserted in center comes out clean and cake comes away from sides of pan. Cool in pans 10 minutes. Invert cakes onto racks and remove wax paper (photo 4). Invert again and cool.

Place 1 layer upside down on serving plate. Tuck wax paper strips under cake. Spread top with one quarter of the frosting. Add second layer right side up. Frost top and sides of cake. Remove wax paper. Makes 12 servings.

Frosting: **Melt chocolate and butter together in small saucepan over low heat. Transfer to mixer bowl. Beat in confectioners' sugar alternately with milk. Beat in vanilla and continue beating at medium speed just until thick enough to spread.**

Nutrition info per serving: 550 calories, 6 gm protein, 23 gm fat, 84 gm carbohydrates, 392 mg sodium, 112 mg cholesterol.

measuring



For liquids, use transparent cups with spout and measurements marked on side. Dry-ingredient measuring cups come in sets, 1 scoop for each quantity. Scoop dry ingredient into cup, heaping it; sweep off excess.

creaming



Creaming (beating) butter and sugar ensures that the cake will have a smooth texture and will rise properly. Beat butter 30 seconds. Add sugar a spoonful at a time, scraping sides of bowl. Beat mixture 4 to 5 minutes.

adding eggs



Eggs at room temperature blend with other ingredients more easily. Remove them from the refrigerator one hour before using or place them (in the shell) in a bowl of warm water for 10 minutes.

removing pan



Place a rack on top of the pan and invert the cake onto the rack. Tap gently to release cake; carefully lift pan off. Gently peel off wax paper. Cover cake with another rack and turn right side up to cool completely.



The LHJ Cooking School

Raspberry soufflé

Dissolving gelatin is the trickiest part of this recipe. The secret is sprinkling it over liquid to allow granules to swell.

Prep time: 40 minutes plus chilling

- Vegetable cooking spray
- 1 package (12 oz.) frozen whole raspberries, thawed
- 1 envelope plus 1 teaspoon unflavored gelatin
- 6 large egg yolks
- ¾ cup plus 2 tablespoons sugar
- ½ cup milk
- 2 tablespoons orange-flavored liqueur
- 1 tablespoon lemon juice
- ½ cup heavy or whipping cream
- 4 large egg whites
- Pinch salt
- Pinch cream of tartar

Cut a strip of wax paper long enough to fit around a 1-quart soufflé dish; fold in half lengthwise. Spray with vegetable cooking spray and sprinkle with 1 tablespoon sugar. Wrap wax paper around soufflé dish as in photo 1.

Puree raspberries as in photo 2.

Sprinkle gelatin over ¼ cup cold water to soften. Whisk egg yolks in small bowl. Gradually whisk in ¾ cup sugar until mixture is pale and thick. Heat milk to boiling in small saucepan; whisk into yolks. Pour custard mixture into large stainless or enameled saucepan over medium-low heat; cook until custard thickens and coats back of spoon (do not boil). Remove from heat and stir softened gelatin into custard until gelatin is dissolved (photo 3). Strain into raspberries. Add orange liqueur and lemon juice.

Chill mixture until it mounds slightly when dropped from a spoon (photo 4).



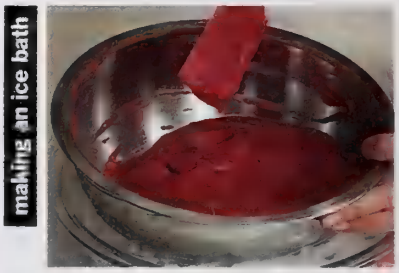
Run wax paper along edge of counter to make it pliable. Spray with vegetable cooking spray; sprinkle with sugar. Wrap around outside of dish so that collar stands 3 inches above rim; secure with tape.



Place a fine strainer over a bowl. After pureeing raspberries in a food processor or blender, press puree through the strainer with a spoon or rubber spatula to separate out seeds; discard seeds.



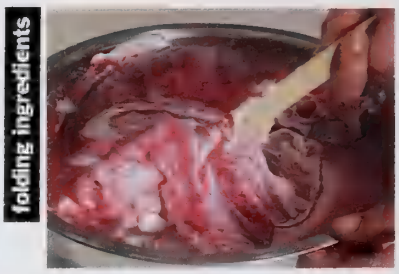
To be sure that gelatin has completely dissolved, dip spoon into custard mixture and lift: If clear granules remain, continue stirring until they disappear. (Undissolved gelatin granules will become rubbery when chilled.)



To set gelatin quickly, fill a large bowl halfway with ice cubes and water. Place a smaller bowl with raspberry mixture into ice bath. Stir mixture, scraping sides of bowl until mixture is cold and mounds slightly.



Heavy cream and egg whites should be beaten to what's known as the soft peak stage—when you pull up beaters, peaks will fall back on themselves. (Do not overbeat. Cream or egg whites that are too stiff are difficult to fold in.)



Folding incorporates beaten ingredients without depleting volume. Using a rubber spatula, cut down through the center, across the bottom and up one side of the bowl. Repeat, turning bowl a quarter turn each time until mixtures are blended.

Beat cream to soft peaks and fold into raspberry mixture (photos 5 and 6). Beat egg whites with salt until frothy; add cream of tartar and beat to soft peaks. Gradually add 1 tablespoon sugar; beat until just stiff but not dry. With rubber spatula fold one quarter of the egg whites into raspberry mixture to lighten. Fold in remaining whites. Gently pour into soufflé mold. Cover with plastic wrap (do not touch top of soufflé). Refrigerate 4 hours or overnight. Makes 6 servings.

Nutrition info per serving: 310 calories, 8 gm protein, 14 gm fat, 38 gm carbohydrates, 83 mg sodium, 302 mg cholesterol.



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Crust

15-oz. pkg. Pillsbury All Ready Pie Crusts
1 teaspoon flour

Filling

1 cup apple juice
1 cup orange juice
¾ cup sugar
7 cups (7 to 8 medium) apples, peeled, cut into ½-inch wedges
¼ cup cornstarch
1 tablespoon margarine or butter
⅛ teaspoon salt
¼ teaspoon vanilla

Topping

½ cup whipping cream
2 tablespoons sugar
¼ teaspoon vanilla
1-3 tablespoons chopped walnuts

Heat oven to 450° F. Prepare pie crust according to package directions for *unfilled one-crust pie* using 9-inch pie pan. (Refrigerate remaining crust for later use.) Bake at 450° F for 9 to 11 minutes or until light golden brown. Cool completely.

In large saucepan, combine ¾ cup of the apple juice, ¾ cup of the orange juice and ¾ cup of sugar; bring to a boil. Add apple wedges. Cover; bring to a boil. Reduce heat; simmer covered until tender but not soft, 3 to 5 minutes. Using slotted spoon, remove apples from juice mixture; set aside.

In small bowl, combine remaining juices and cornstarch; blend well. Stir into hot juice mixture. Cook over medium heat until mixture thickens and boils, stirring constantly. Cook 1 minute; remove from heat. Add margarine, salt and ¼ teaspoon vanilla; mix well. Cool 10 minutes; add reserved apples. Pour into cooled, baked crust. Refrigerate until set, about 3 hours.

In small bowl, beat whipping cream until soft peaks form. Add 2 tablespoons sugar and ¼ teaspoon vanilla; beat until stiff peaks form. Garnish pie with whipped cream and chopped walnuts. Recipe makes 8 servings.



In the dairy case.

*All before Sept. 30 for an official entry form and complete details. Written entries must be postmarked by Oct. 16 and received by Oct. 20, 1989. Void where prohibited.

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The LHJ Cooking School

Apple pie

Rolling out pie pastry doesn't have to be intimidating. The wax paper makes turning and lifting a breeze. For best results, use a heavy ball-bearing rolling pin. And remember, practice makes perfect.

Prep time: 40 minutes plus chilling
Baking time: 50 minutes

Pastry
- 2 cups all-purpose flour
- 1 teaspoon salt
- ⅔ cup chilled shortening
- 5 to 8 tablespoons ice water

Filling
- ⅔ cup granulated sugar
- ⅓ cup firmly packed brown sugar
- 3 tablespoons flour
- 1 teaspoon cinnamon
- ½ teaspoon ginger
- ⅛ teaspoon salt
- 7 cups Granny Smith or other baking apples, peeled and sliced (8 apples)
- 1 tablespoon fresh lemon juice
- 2 tablespoons butter, cut up
- 1 tablespoon milk
- Sugar

Pastry: **Mix flour and salt in bowl. Cut in shortening as in photo 1. Add water and form pastry as in photo 2. Shape into 2 balls, 1 slightly larger than the other; flatten. Wrap in plastic wrap and refrigerate 1 hour or overnight. (If pastry is refrigerated overnight, let stand at room temperature 15 minutes before rolling.)**

Filling: **Mix sugars, flour, cinnamon, ginger and salt in bowl. Toss with apples.**

Preheat oven to 425°F. Roll larger pastry into 12-inch circle between 2 lightly floured sheets of wax paper (photo 3). Line 9-inch pie plate, leaving 1-inch overhang. Spoon filling into pie shell, sprinkle with lemon juice and dot with butter (photo 4). Brush overhang lightly with water. Roll remaining pastry into 11-inch circle. Fold in quarters and cut vents. Place on filling; trim dough to a 1-inch overhang (photo 5). Flute crust to form a decorative edge (photo 6). Brush top with milk and sprinkle with sugar.

Bake 15 minutes. Reduce heat to 375°F. and bake 35 to 40 minutes more, until filling bubbles. If crust browns too quickly, cover loosely with foil. Makes 8 servings.

Nutrition info per serving: 450 calories, 4 gm protein, 21 gm fat, 66 gm carbohydrates, 344 mg sodium, 8 mg cholesterol. ■

Recipes developed by Kathy Jackette and Lisa Brainerd


cutting in shortening

Chill shortening before using to ensure a tender crust. Cut in shortening until mixture has lumps the size of small peas. A pastry blender helps to prevent overmixing, which can make the pastry tough.


mixing pastry

Stir the mixture lightly with a fork after each addition of water. If pastry is dry and crumbly, add a little more water. For tender and flaky pastry, do not add too much water or handle the dough more than necessary.


rolling out pastry

Place rolling pin in the center of pastry and roll away from you. Turn the wax paper a quarter turn and roll; repeat. If pastry becomes too soft, refrigerate until firm. If pastry sticks to the paper, sprinkle with flour.


shaping and filling crust

Fold pastry into quarters. Place folded dough in pie plate with point at center. Unfold (leaving an overhang); pat against the pan to eliminate air bubbles. Mound apple slices in center.


attaching top crust

Cut vents and center hole in top crust as shown. Unfold pastry over filling. Tuck the top layer over the hang of the bottom layer.

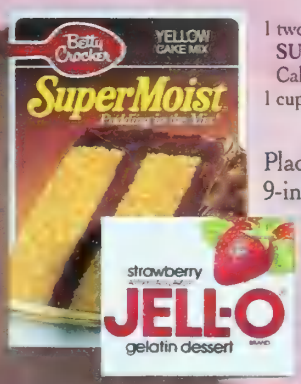

preparing to bake

Pinch crust edges together. To decorate, roll scraps and cut into desired shapes. Brush undersides lightly with water and place on top crust. Set pie plate on a baking sheet in the oven to catch any filling that spills.



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Jell-O® Poke Cake



1 two-layer BETTY CROCKER SUPERMOIST® White or Yellow Cake Mix, baked and cooled
1 cup boiling water
1 package (4-serving size) JELL-O® Brand Gelatin, any flavor
1/2 cup cold water

Thawed whipped topping or prepared frosting

Place cake layers, top sides up, in two clean 8- or 9-inch layer pans; prick each cake with large two-pronged fork at 1/2-inch intervals. Dissolve gelatin in boiling water. Add cold water and spoon over cake layers. Chill 4 hours. Dip one pan in warm water for 10 seconds; unmold onto serving plate. Frost. Unmold second layer; place on first layer. Frost. Refrigerate. Garnish as desired.

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Lean-cut Marinated Flank Steak with Avocado-Chili Butter gets thumbs up over filet mignon topped with fat-laden béarnaise sauce for keeping meat on the menu of even the most health-conscious eater



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MEAL

from greasy to

Wondering how to eat right *and* eat what you love? Trade high-cal, high-fat versions of your favorite foods for great-tasting dinners we developed following the Surgeon General's diet guidelines



Eating more fish because it's low in cholesterol? Don't up the fat by frying. We prepared Dilled Salmon in the microwave and cut the fat even more—swapping french fries and coleslaw for steamed new potatoes and fresh julienned vegetables



makeovers

good-for-you



A better choice than batter-fried: broiled Shrimp Brochettes teamed up with spinach-laced orzo pasta for a satisfying meal that delivers flavor without fat

Eating right with the Surgeon General

When Surgeon General C. Everett Koop released the landmark document "Report on Nutrition and Health" last year, he hoped it would revolutionize American diets in much the same way the Surgeon General's 1964 report changed the country's attitude toward smoking. Based on over two thousand studies, the report declared that—for people who don't smoke or drink excessively—diet is the most important determinant of long-term health.

Koop says we're slowly getting the message. While most of us still consume too much fat, we're eating less beef and butter. Moreover, surveys show more of us understand the link between diet and disease. "I am convinced the time is right for change," says Koop, seventy-two, who recently retired after eight years in office.

Today, the man charged with implementing the report's recommendations is J. Michael McGinnis, M.D., an assistant surgeon general. By the year 2000, McGinnis hopes, America will lower obesity rates and reduce the average blood-cholesterol level to below 180 (it's now 210). He'd also like to see nutrition labeling on all foods.

For now, there's a lot we can do to improve our eating habits: **Cut calories and fat** by substituting strip steak, fish and skinless poultry for fried chicken, burgers and pizza. **Eat a full range of fruit, vegetables and whole grain breads,** which are rich in vitamins, minerals and fiber. **Beware of products labeled "lite" or "cholesterol-free."** A "lite" label may merely mean a product is light in color; foods touted as containing no cholesterol may have lots of cholesterol-boosting saturated fat. **Be especially vigilant about nutrition if you're a teenager or if you're pregnant.** Teens in the peak bone-forming years should eat plenty of low-fat dairy products. Research suggests that consuming a high-calcium diet while young reduces a woman's risk of developing osteoporosis. Pregnant women must eat balanced, iron-rich meals and abstain from alcohol.

Finally, it's okay to indulge once in a while. "Individual foods are not the issue, overall diet is," says Koop, who enjoys omelets, potato chips and steak now and then, as well as an occasional martini. "I'm over seventy and active, so I must be doing something right!"

MEAL MAKEOVERS
continued

Easy · Moderate · Challenging · (M) Microwave

***Poached Chicken with Herbs**
***Mashed Potatoes with Cauliflower**
Succotash with red pepper and zucchini
***Recipe given**



POACHED CHICKEN WITH HERBS

It's the skin of the chicken that has the highest concentration of fat. Always remove it before cooking.

Prep time: 5 minutes ○
Cooking time: 8 to 10 minutes

- ½ cup chicken broth
- 1 tablespoon chopped fresh parsley
- 2 teaspoons minced shallots
- ¼ teaspoon dried thyme
- Freshly ground pepper
- 1 pound boneless, skinless chicken breasts, pounded lightly
- ½ teaspoon white wine Worcestershire sauce

Heat chicken broth, parsley, shallots, thyme and pepper to boil in large skillet. Add chicken breasts; reduce heat and simmer 3 minutes. Turn chicken and simmer just until cooked through, 4 to 5 minutes. Transfer chicken to platter. Stir Worcestershire into skillet and heat through. Pour juices over chicken. Makes 4 servings.

Nutrition info per serving: 130 calories, 26 gm protein, 2 gm fat, 1 gm carbohydrates, 224 mg sodium, 66 mg cholesterol.

MASHED POTATOES WITH CAULIFLOWER

Cauliflower is a vitamin C – rich vegetable from the cruciferous family—known for its cancer-fighting benefits.

Prep time: 20 minutes ○ Ⓜ
Microwave time: 14 to 15 minutes

- ¾ pound cauliflower florets (about 12 oz.)
- ¾ cup low-fat (1%) milk, divided
- 1 pound all-purpose potatoes, peeled and diced
- ¼ cup chopped green onions
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper

Combine cauliflower and ¼ cup milk in large microwaveproof bowl; cover with plastic wrap, turning back one corner to vent. Microwave on High about 3 minutes; stir. Microwave covered until tender, about 3 minutes more. Transfer cauliflower and milk to food processor; puree. Keep warm.

Combine potatoes and remaining ½ cup milk in same bowl. Cover and vent dish. Microwave on High 4 minutes; stir. Microwave just until potatoes are tender, about 4 minutes more. Transfer to serving bowl and mash. Add cauliflower, green onions, salt and pepper; stir to combine. Makes 4 servings.

Nutrition info per serving: 110 calories, 5 gm protein, 1 gm fat, 22 gm carbohydrates, 176 mg sodium, 2 mg cholesterol.

***Turkey Loaf**
Baked sweet potatoes with parsley and chives
Brussels sprouts



TURKEY LOAF

Fresh ground turkey, leaner than ground beef, is readily available in the meat section of your supermarket.

Prep time: 30 minutes ○
Cooking time: 1 hour

- ½ cup chicken broth
- ⅓ cup fresh bread crumbs
- 2 pounds ground turkey
- 1 large egg white, lightly beaten
- ½ cup shredded carrots
- 1 small onion, grated
- 1 teaspoon fresh thyme or ½ teaspoon dried
- ⅓ cup chopped fresh parsley
- 1 teaspoon minced garlic
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper

Preheat oven to 350°F. Pour chicken broth over bread crumbs in small bowl. Let stand 10 minutes. Gently mix remaining ingredients in a large bowl. Add bread crumb mixture and mix well. Spoon into a 1½-quart loaf pan. Bake 1 hour or until juices run clear. Makes 6 servings.

Nutrition info per serving: 265 calories, 28 gm protein, 15 gm fat, 3 gm carbohydrates, 445 mg sodium, 101 mg cholesterol.

***Ginger Pork Tenderloin**
Steamed kale with sesame seeds
Brown rice



GINGER PORK TENDERLOIN

Today pork comes from animals t are bred to be leaner. What's more, a great source for iron and B vitami

Prep time: 10 minutes plus marinating
Roasting time: 40 minutes

- 3 tablespoons chicken broth
- 1 tablespoon light soy sauce
- 1 teaspoon cornstarch
- 1 teaspoon rice wine vinegar
- 1 green onion, sliced
- 1 teaspoon *each* minced ginger and garlic
- 1 pound pork tenderloin

Combine chicken broth, soy, co starch, vinegar, green onion, gin and garlic in an 8-inch baking p Place pork in pan; turn to co Marinate at room temperature 30 m utes.

Preheat oven to 375°F. Roast pork marinade, basting twice, 40 minu or until internal temperature reach 160°F. Transfer to a platter and stand 5 minutes. Slice and serve w pan juices. Makes 4 servings.

Nutrition info per serving: 135 calories, 24 protein, 3 gm fat, 2 gm carbohydrates, 260 sodium, 74 mg cholesterol.

***Microwave Dilled Salmon wi Vegetables**
Steamed new potatoes

MICROWAVE DILLED SALMON WITH VEGETABLES

Salmon contains omega-3 fatty acid which, researchers believe, may he reduce cholesterol.

Prep time: 10 minutes ○
Microwave time: 12 minutes

- 3 cups thinly sliced green cabbage
- 2 carrots, grated
- 3 green onions, julienned
- 3 tablespoons chopped fresh dill, divided
- Freshly ground pepper
- ¼ cup clam juice
- 4 skinless salmon fillets (6 oz. each)
- 1 tablespoon fresh lemon juice
- 1 tablespoon olive oil

Combine cabbage, carrots, green o ion, 2 tablespoons dill and ¼ teaspoo pepper in a large bowl. Arrange veg tables in a shallow 2-quart microwav proof casserole; pour clam juice ov top. Cover casserole with plastic wra turning back one section *(continue*

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MEAL MAKEOVERS
continued

to vent. Microwave on High 2 minutes; stir. Microwave covered 2 minutes more. Arrange salmon fillets on vegetables. Sprinkle with pepper to taste, then brush with lemon juice and oil. Cover and vent dish; microwave on Medium-High (70% power) 4 minutes. Rotate dish and microwave 4 minutes. Sprinkle remaining dill over salmon. Serve hot. Makes 4 servings.

Nutrition info per serving: 305 calories, 35 gm protein, 14 gm fat, 8 gm carbohydrates, 131 mg sodium, 94 mg cholesterol.

***Marinated Flank Steak with Avocado-Chili Butter**
Corn and red beans

MARINATED FLANK STEAK WITH AVOCADO-CHILI BUTTER

Red meat is still the best source of iron. Just select leaner cuts, such as flank steak or top round. P.S. Our butter is made with avocados, to cut cholesterol.

Prep time: 10 minutes plus marinating
Cooking time: 10 minutes ○

- 1 cup tequila
- 1 teaspoon grated lime peel
- 1 teaspoon minced garlic
- ¼ teaspoon salt
- ½ teaspoon freshly ground pepper
- 1 small flank steak (1½ lbs.)

Avocado-Chili Butter

- 1 ripe avocado
- 1 can (4 oz.) chopped green chilies, drained
- 2 green onions, chopped
- ¼ cup chopped fresh cilantro
- 3 tablespoons fresh lime juice
- Pinch ground red pepper

Combine tequila, lime peel, garlic, pepper and salt in a large shallow glass dish. Add steak and turn to coat. Cover and marinate 1 hour, turning once.

Avocado-Chili Butter: Process all ingredients in food processor until smooth. Makes 1⅓ cups.

Preheat broiler and broiler pan. Remove steak from marinade and broil 4 inches from heat 10 minutes for medium-rare, turning once after 5 minutes. Transfer to serving platter and let stand 5 minutes. Serve with Avocado-Chili Butter. Makes 6 servings.

Nutrition info per serving: 280 calories, 22 gm protein, 19 gm fat, 5 gm carbohydrates, 235 mg sodium, 60 mg cholesterol.

***Health-Nut Pizza**
Green salad

HEALTH-NUT PIZZA

When you make your own pizza, you can be sure of what type of oil is used in the crust and topping and how much fat is in the cheeses.

Prep time: 30 minutes plus rising
Cooking time: 40 minutes ◒ Ⓜ

Dough

- 1½ cups whole wheat flour
- 1 cup all-purpose flour
- 1 package active dry yeast
- 1 cup hot water (120°F.-130°F.)
- 1 tablespoon olive oil
- ½ teaspoon salt

Topping

- 2 tablespoons olive oil, divided
- ½ teaspoon minced garlic
- ½ teaspoon freshly ground pepper
- ¼ teaspoon basil
- ⅛ teaspoon oregano
- 1 can (8 oz.) tomato sauce
- 1 tablespoon chopped fresh parsley
- 1 cup part-skim ricotta cheese, divided
- 1 sweet red pepper, diced
- 1 sweet yellow pepper, diced
- 1 cup sliced zucchini
- 1 cup sliced mushrooms
- 8 ounces part-skim mozzarella, shredded

Dough: Stir flours and yeast together in mixer bowl. Add remaining ingredients and beat at medium-high speed until dough comes together. Knead dough on lightly floured surface until smooth and elastic, about 2 minutes. Place in greased bowl and turn greased side up. Cover and let rise until doubled in bulk, about 1 hour.

Topping: Combine 1 tablespoon olive oil with the garlic, pepper, basil and oregano in a microwaveproof bowl. Cover with plastic wrap, turning back one corner to vent. Microwave on High 1 minute; stir in tomato sauce. Microwave covered, 2 minutes. Stir in parsley.

Arrange oven racks in center and lowest position. Preheat oven to 425°F. Spray two 12-inch round pizza pans with vegetable cooking spray; sprinkle with cornmeal. Divide dough in half; roll each half on a lightly floured surface into a 12-inch circle. Transfer to pans. Brush with remaining olive oil. Bake 10 minutes.

Spread ½ cup tomato sauce on each baked crust. Top with ricotta. Sprinkle each pizza with half the peppers, mushrooms, zucchini and mozzarella.

Bake pizzas 15 minutes; switch position of pans and bake 15 minutes more, or until crusts are golden brown and tops are bubbly. Makes 8 servings.

Nutrition info per serving: 310 calories, 16 gm protein, 13 gm fat, 35 gm carbohydrates, 482 mg sodium, 26 mg cholesterol.

***Shrimp Brochettes**
***Orzo with Spinach**

SHRIMP BROCHETTES

Must you omit high-cholesterol shrimp from your diet? Not if you have it broiled rather than fried.

Prep time: 15 minutes
Cooking time: 15 minutes

- 2 tablespoons olive oil
- 2 tablespoons fresh lemon juice
- 2 green onions, chopped
- 1 tablespoon chopped parsley
- ¼ teaspoon freshly ground pepper
- ⅛ teaspoon salt
- 24 large shrimp (1 lb.), peeled and devein

Tomato Sauce

- 1 tablespoon olive oil
- 1 teaspoon minced garlic
- ¼ teaspoon freshly ground pepper
- Pinch red pepper flakes
- 1 can (14 oz.) Italian plum tomatoes, drained and chopped
- 1 tablespoon tomato paste

Process oil, lemon juice, green oni parsley, salt and pepper in blende til smooth. Thread 6 shrimps on e of 4 skewers and place on a large p ter. Pour on marinade; turn to c Cover and refrigerate 1 hour.

Tomato Sauce: Meanwhile, heat o a medium saucepan over medium-h heat. Add garlic, pepper and red p per flakes; cook, stirring occasiona 30 seconds. Stir in tomatoes and to to paste. Bring to simmer and sim 10 minutes. Cover and keep warm.

Preheat broiler and broiler p Broil shrimp 4 inches from heat ab 2 minutes per side, turning once, until cooked through. Serve with mato Sauce. Makes 4 servings.

Nutrition info per serving: 180 calories, 20 protein, 9 gm fat, 6 gm carbohydrates, 354 sodium, 140 mg cholesterol.

ORZO WITH SPINACH

Keep pasta on the good-for-you f list—just hold the high-cal sauces. opted for spinach to add great taste a nutrients, too.

Prep time: 5 minutes
Cooking time: 10 minutes

- 3 tablespoons water
- 1 pound spinach, stems removed, coarsely chopped
- 1 cup orzo, cooked according to package directions
- ¼ cup chicken broth
- 2 tablespoons freshly grated Parmesan chee
- ⅛ teaspoon freshly ground pepper

Bring water to a boil in a large sau pan. Reduce heat to medium. A spinach; cover and cook until spina has wilted, 3 minutes. Drain spina well and return to saucepan. Add or chicken broth, Parmesan and pepp cook, stirring, until heated throu about 1 minute. Makes 4 servings.

Nutrition info per serving: 220 calories, 10 protein, 2 gm fat, 41 gm carbohydrates, 195 sodium, 2 mg cholesterol.

Recipes developed by Carol Prager a Kathy Jackette.



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ny man's heart
s through
is stomach."

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EXTRA CREAMY COOL WHIP.®

When you're in the moood for dessert.



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The Mouseketeer cookie book

Come along and sing a song and join our jamboree—featuring the 1989 Mickey Mouse Club sampling LHJ's fantastic treats. By Jan T. Hazard, Food Editor



M-I-C-K-E-Y . . . Mouseketeers on a bar-cookie binge, from left: Josh Ackerman, David Kater, Roqué Herring, Lindsey Alley, Jennifer McGill, Albert Fields, Chase Hampton, Damon Pampolina. T-shirts of Fortrel/cotton by Signal; Fortrel/cotton jeans by Levi's Street Brights



© Walt Disney Productions



Josh takes five to enjoy a Chocolate Malted Milk Bar. Shirt of Fortrel/cotton by Health-tex

CHOCOLATE MALTED BARS

The double whammy of malted flavor gives a great old-fashioned taste.

Prep time: 25 minutes
Baking time: 25 minutes

- ½ cup all-purpose flour
- ½ cup unsweetened cocoa
- ⅓ cup malted milk powder
- Pinch salt
- ½ cup butter or margarine, softened
- 1 cup granulated sugar
- ½ teaspoon vanilla extract
- 2 large eggs

Frosting

- ¼ cup butter or margarine, softened
- ¼ cup malted milk powder
- ⅔ cup milk chocolate chips, melted, divided
- ½ cup confectioners' sugar
- 1 tablespoon milk

Preheat oven to 350°F. Grease 9-inch square baking pan. Mix flour, cocoa, malted milk and salt in bowl. Beat butter, sugar and vanilla in mixer bowl until light and fluffy. Add eggs one at a time, beating well after each addition. Gradually beat in dry ingredients, scraping bowl occasionally, until just combined. Spread mixture evenly in prepared pan. Bake 25 minutes. Cool on wire rack.

Frosting: Beat butter and malted milk in mixer bowl until light and fluffy. Beat in half the melted chocolate until well combined. Beat in confectioners' sugar, then milk, until smooth. Beat 2 minutes more.

Spread frosting over cooled bars. Place remaining chocolate into plastic storage bag; snip off one end. Pipe chocolate in thin stream on top in swirl pattern. Refrigerate 1 hour or overnight. Cut into 2-inch squares, then cut each square diagonally. Serve chilled. Makes 32.

Nutrition info per cookie: 120 calories, 2 gm protein, 6 gm fat, 15 gm carbohydrates, 87 mg sodium, 30 mg cholesterol.

COOKIE BARK

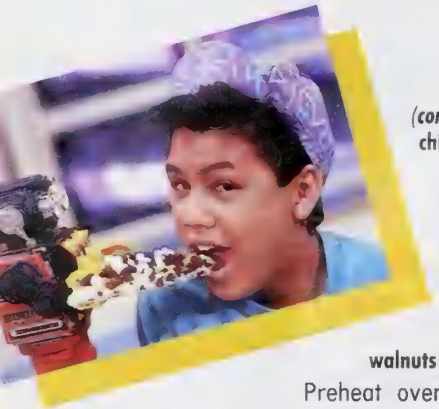
White chocolate burns more quickly than dark. That's why you must add the white chips at the end.

Prep time: 15 minutes
Baking time: 25 minutes

- 2 cups all-purpose flour
- ½ teaspoon salt
- ¾ cup butter or margarine, softened
- ¼ cup vegetable shortening
- 1 cup sugar
- 1 teaspoon vanilla extract
- 1 package (12 oz.) semisweet chocolate chips (or 1½ cups semisweet chocolate *(continued)*



Brandy Brown (left) and Dee Dee Magno learn the penguin walk from three dapper Disney veterans (these toons have always known black and white is chic!). Tops, miniskirt and leggings, all of Fortrel/cotton by Buster Brown



David digs into Cookie Bark, a crunchy confection topped with chocolate chips and walnuts



(continued)

chips and ½ cup white chocolate chips)
½ cup oats, uncooked, divided
½ cup chopped walnuts (optional)

Preheat oven to 375°F. Grease 15½x10½-inch jelly-roll pan.

Mix flour and salt in bowl; set aside. Beat butter, shortening, sugar and vanilla in mixer bowl until light and fluffy, scraping bowl occasionally. Gradually beat in flour mixture until well combined. Stir in 1 cup semisweet chocolate chips and ¼ cup oats. Pat dough into prepared pan. Sprinkle remaining oats, the walnuts and 1 cup chocolate chips over top; press lightly onto dough.

Bake 25 minutes or until edges are lightly browned. (*Note:* If using white chocolate chips, bake 25 minutes; add white chips and bake 2 minutes more.) Cool completely in pan on wire rack. Break into 2x1-inch pieces. Makes 6 dozen.

Nutrition info per cookie: 75 calories, 1 gm protein, 4 gm fat, 9 gm carbohydrates, 35 mg sodium, 5 mg cholesterol.

PEANUT BUTTER FUDGE-WICHES

Melted chocolate chips make a quick, delicious frosting.

Prep time: 25 minutes
Baking time: 30 to 35 minutes

Peanut Butter Layer
- ¾ cup creamy peanut butter
- ½ cup firmly packed brown sugar
- 2 tablespoons butter or margarine, softened
- ½ teaspoon vanilla extract
- 3 tablespoons all-purpose flour

Fudge Layer
- 1 cup all-purpose flour
- ¾ teaspoon baking powder
- Pinch salt
- ½ cup butter or margarine
- 1 cup granulated sugar
- 1 teaspoon vanilla extract
- 2 large eggs
- 3 squares (3 oz.) unsweetened chocolate, melted

- 1 cup semisweet chocolate chips
- ⅓ cup unsalted chopped peanuts

Preheat oven to 350°F. Grease 9-inch square baking pan.

Peanut Butter Layer: Beat peanut butter, brown sugar, butter and vanilla in mixer bowl until smooth. Stir in flour. Set aside.

Fudge Layer: Mix flour, baking powder and salt in bowl. Beat butter, sugar and vanilla in mixer bowl until light and fluffy. Add eggs one at a time, beating well after each addition. Beat in melted chocolate, then gradually beat in dry ingredients, scraping bowl occasionally, until just combined.

Spread half the fudge mixture with spatula evenly over bottom of prepared pan. Pat an even layer of peanut butter mixture on top. Add remaining fudge mixture, spreading to cover.

Bake 30 to 35 minutes, until toothpick inserted in center comes out barely clean. Immediately sprinkle chocolate chips over bars. Bake until chips soften, about 2 minutes more. Spread softened chips with spatula. Sprinkle with peanuts. Cool on wire rack. Cut into 3x1-inch bars. Makes 27.



Roqué sneaks away to sample a big square of Peanut Butter Fudge-wiches

Nutrition info per cookie: 205 calories, 4 gm protein, 13 gm fat, 21 gm carbohydrates, 100 mg sodium, 32 mg cholesterol.

RASPBERRY-CHEESECAKE BARS

You can substitute other flavors for the raspberry jam, such as strawberry, peach or blueberry.

Prep time: 25 minutes
Baking time: 45 minutes

Crust
- 1 cup all-purpose flour
- 1 cup finely chopped pecans
- ⅓ cup firmly packed brown sugar
- ¼ teaspoon cinnamon
- ¼ teaspoon salt

(continued)

Apple pie a la zing

Bake a lively, tangy taste into that first apple pie of the season. With Ocean Spray® fresh cranberries. They're just harvested and ready to add a refreshing burst of flavor to all your favorite fall recipes.

To make an apple cranberry pie with your own apple pie recipe, use a ratio of two cups apples to one cup cranberries. Or simply follow the recipe on the right. For more FREE Ocean Spray® Fresh Cranberries recipes write to: FRESH, P.O. Box 9133, Marshfield, MA 02050.

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APPLE CRANBERRY PIE

Pastry for 9 inch two crust pie
¾ cup brown sugar
¼ cup sugar
⅓ cup all-purpose flour
1 teaspoon cinnamon
4 cups pared, sliced, tart apples
2 cups OCEAN SPRAY® fresh or frozen cranberries (whole or chopped)
2 tablespoons butter or margarine

Preheat oven to 425°F. In large bowl, combine sugars, flour and cinnamon. Add fruit. Mix well. Turn into pastry-lined pan. Dot with butter. Cover and cut slits in top crust. Seal edges. Bake 40 minutes or until golden brown.

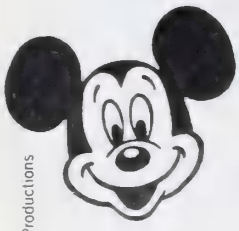
BUY TWO. FREEZE ONE.



Ocean spray

BAKE IT BETTER WITH CRANBERRIES.

A cheesecake lover, Albert's in heaven munching on our creamy Raspberry-Cheesecake Bars



© Walt Disney Productions



(continued)

⅓ cup butter or margarine, melted

1 jar (12 oz.) seedless red raspberry jam, stirred until smooth, divided

Cheesecake

2 packages (8 oz. each) cream cheese, softened
¾ cup granulated sugar
½ teaspoon vanilla extract
½ teaspoon grated lemon peel
3 large eggs

Topping

1½ cups sour cream
3 tablespoons granulated sugar
1 teaspoon vanilla extract

Preheat oven to 350°F. Grease 13x9-inch baking pan.

Crust: Mix dry ingredients in bowl. Gradually pour in butter, tossing with a fork until mixture is moistened.

Pat mixture evenly into prepared pan. Bake 15 minutes. Cool 5 minutes; spread with ¾ cup jam.

Cheesecake: Beat cream cheese, sugar, vanilla and lemon peel in mixer bowl until smooth. Add eggs one at a time, beating well after each addition. Pour over jam and spread with spatula. Bake 25 minutes. Cool 5 minutes.

Topping: Stir all ingredients in bowl until smooth. Spread evenly over cheesecake.

Warm remaining jam in saucepan over medium heat. Carefully pour into plastic storage bag; snip off one end. Pipe jam in thin stream on top in swirl pattern. Bake 5 to 7 minutes more. Cool completely on wire rack. Refrigerate at least 1 hour or overnight. Cut into 1½x1-inch bars. Makes 6 dozen.

Nutrition info per cookie: 85 calories, 1 gm protein, 5 gm fat, 9 gm carbohydrates, 41 mg sodium, 23 mg cholesterol.

Dee Dee, Damon and Tiffini Hale take a short break from skateboarding to polish off a tray of treats. From left: Hot-pink bomber, pants and turtleneck by Buster Brown; jeans by Oshkosh; tie-dyed jacket by Weather Tamer, all of Fortrel/cotton





Chase's favorite? Our Lemon-Lime Oatmeal Bars. They happen to be healthful, but Chase chose them because they taste terrific!

APRICOT-ALMOND BARS

The favorite of the production staff of the Mickey Mouse Club.

Prep time: 30 minutes plus cooling
Baking time: 50 minutes ○

Crust

2 cups all-purpose flour
½ teaspoon salt
¾ cup butter, softened
¾ cup confectioners' sugar
1 teaspoon vanilla extract

1 jar (12 oz.) apricot preserves

Topping

1½ cups all-purpose flour
1½ teaspoons baking powder
½ teaspoon salt
¾ cup butter, softened
⅔ cup granulated sugar
⅔ cup firmly packed brown sugar
¼ teaspoon almond extract
3 large eggs
1 cup chopped toasted almonds

Preheat oven to 350°F. Grease 15½x10½-inch jelly-roll pan.

Crust: Mix flour and salt in bowl. Beat butter, sugar and vanilla in mixer bowl until light and fluffy. Gradually add flour, beating until well combined. (Dough will be crumbly.)

Press dough evenly into prepared pan. Bake 20 minutes or until golden. Cool on wire rack 5 minutes. Spread preserves over crust and cool.

Topping: Mix flour, baking powder and salt in bowl. Beat butter, sugars and almond extract in mixer bowl until light and fluffy. Add eggs one at a time, beating well after each addition. Beat in dry ingredients until just combined. Stir in almonds. Spread evenly over crust.

Bake 30 minutes. Cool completely on wire rack. Cut into 2x1-inch bars. Makes 6 dozen.

Nutrition info per cookie: 105 calories, 1 gm protein, 5 gm fat, 13 gm carbohydrates, 83 mg sodium, 22 mg cholesterol.

LEMON-LIME OATMEAL BARS

A flavor reminiscent of tart key-lime pie in the form of a crunchy cookie.

Prep time: 20 minutes ○
Baking time: 30 to 35 minutes

1 can (14 or 15 oz.) sweetened condensed milk
¼ cup fresh lemon juice
¼ cup fresh lime juice
½ teaspoon grated lemon peel
½ teaspoon grated lime peel
1¼ cups all-purpose flour
1 teaspoon baking powder
¼ teaspoon salt *(continued)*

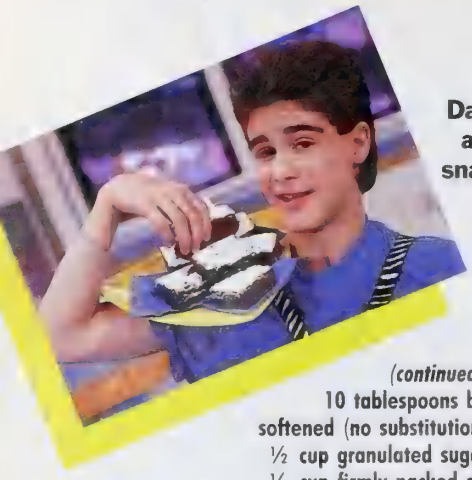
THE SUPER COOLANT FOR TODAY'S SMALLER ENGINES.



atorade® Thirst Quencher cools a kid's thirst like nothing else. Because nothing replaces fluids r or supplies energy to working muscles better. And Gatorade comes in five terrific flavors, all n sodium and sugar. Nothing goes after a kid's thirst like Gatorade. V r o o m, V r o o m.

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Fast and fabulous microwave brownies: Damon knows a world-class snack when he tastes one



Braden Danner and Brandy strum along to the famous club song. Sweat jacket and matching pants of Fortrel/cotton knit by Buster Brown. Striped Fortrel/cotton top and skirt by Health-tex

© Walt Disney Productions

(continued)

10 tablespoons butter, softened (no substitutions)
½ cup granulated sugar
½ cup firmly packed dark brown sugar
1 cup oats, uncooked

Preheat oven to 350°F. Grease 13x9-inch baking pan. Whisk condensed milk and the lemon and lime juices and peels together in medium bowl until smooth. Set aside.

Mix flour, baking powder and salt in bowl. Beat butter with sugars in mixer bowl until light and fluffy. Gradually beat in dry ingredients until combined; stir in oats. (Mixture will be crumbly.)

Sprinkle 2½ cups oat mixture evenly over bottom of prepared pan, then pat firmly with fingertips to smooth. Pour lemon-lime mixture on top and spread with spatula. Sprinkle remaining oat mixture evenly over lemon layer. Bake 30 to 35 minutes, until golden. Cool on wire rack. Cut into 3-inch squares, then cut each square diagonally. Makes 2 dozen.

Nutrition info per cookie: 185 calories, 3 gm protein, 7 gm fat, 28 gm carbohydrates, 113 mg sodium, 19 mg cholesterol.

Below: Jennifer opted for our toothsome micro-brownies, too, but topped her batch with chopped nuts, marshmallows and M & M's



MICROWAVE BROWNIES

Choose from two toppings: a confetti mix of candies, nuts and marshmallows, or a pristine coating of confectioners' sugar.

Prep time: 15 minutes
Microwave time: 8 minutes ○Ⓜ

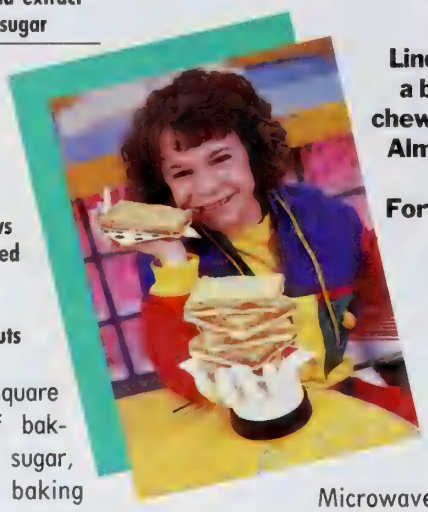
1 cup granulated sugar
¾ cup all-purpose flour
½ cup unsweetened cocoa powder
¾ teaspoon baking powder
¼ teaspoon salt
½ cup butter or margarine, softened
3 large eggs
2 tablespoons vegetable oil
1 teaspoon vanilla extract
Confectioners' sugar

Confetti Topping
½ cup semisweet chocolate chips
½ cup miniature marshmallows
½ cup candy-coated chocolate candies
¼ cup chopped nuts (optional)

Grease 9-inch square microwaveproof baking dish. Mix sugar, flour, cocoa, baking powder and salt in large bowl. Cut in butter with pastry blender or 2 knives until mixture resembles coarse crumbs.

Whisk eggs, oil and vanilla until blended. Stir into cocoa mixture with spatula 50 strokes. Spread dough into prepared dish. Microwave on Medium (50% power) 5 minutes, turning halfway through. Rotate dish and microwave on High 2½ to 3 minutes more, until center is just firm to touch. Sprinkle with confectioners' sugar or Confetti Topping. Cool on wire rack. Cut into 2¼-inch squares. Makes 16.

Confetti Topping: Sprinkle top of brownies with chips and marshmallows. Microwave on High 30 seconds, then immediately sprinkle with candy-coated chocolates and nuts.



Lindsey gives a big hand to chewy Apricot-Almond Bars. Outfit of Fortrel/cotton by Spritz

Nutrition info per cookie: 220 calories, 3 gm protein, 12 gm fat, 27 gm carbohydrates, 132 mg sodium, 68 mg cholesterol. ■

Recipes developed and styled by Carol Prager.

SEE THE MICKEY MOUSE CLUB ON THE DISNEY CHANNEL EACH WEEKDAY AT 5:30 P.M. EST.



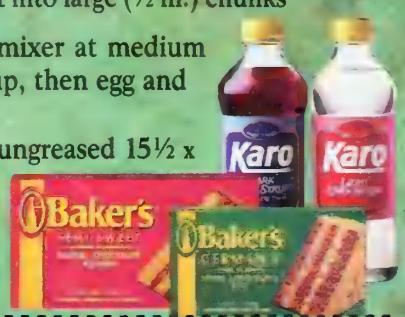
TEMPTATION SQUARED.

Chunky Chocolate Cookie Squares

PREP TIME: 20 MIN. BAKE TIME: 30 MIN.

2½ cups unsifted flour
1 teaspoon baking soda
½ teaspoon salt
¾ cup butter or margarine, softened
1 cup firmly packed brown sugar
¾ cup KARO® Light or Dark Corn Syrup
1 egg
1 teaspoon vanilla
1 cup chopped pecans
1 pkg. (8 oz.) BAKER'S® Semi-Sweet Chocolate or 2 pkgs. (4 oz. ea.) BAKER'S® GERMAN'S® Sweet Chocolate, cut into large (½ in.) chunks

- Mix flour, baking soda and salt; set aside. In large bowl with mixer at medium speed, beat butter and sugar until fluffy. Slowly beat in corn syrup, then egg and vanilla. Beat in flour mixture until blended.
- Stir in pecans and half the chocolate chunks. Spread evenly in ungreased 15½ x 10½ x 1-inch pan. Sprinkle remaining chocolate on top.
- Bake in 350° oven 30 minutes or until lightly browned. Cool on rack. Cut into 2½-inch squares. Makes 2 dozen.



Baker's® and Karo®. Simple Indulgence.

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BAKER'S & KARO

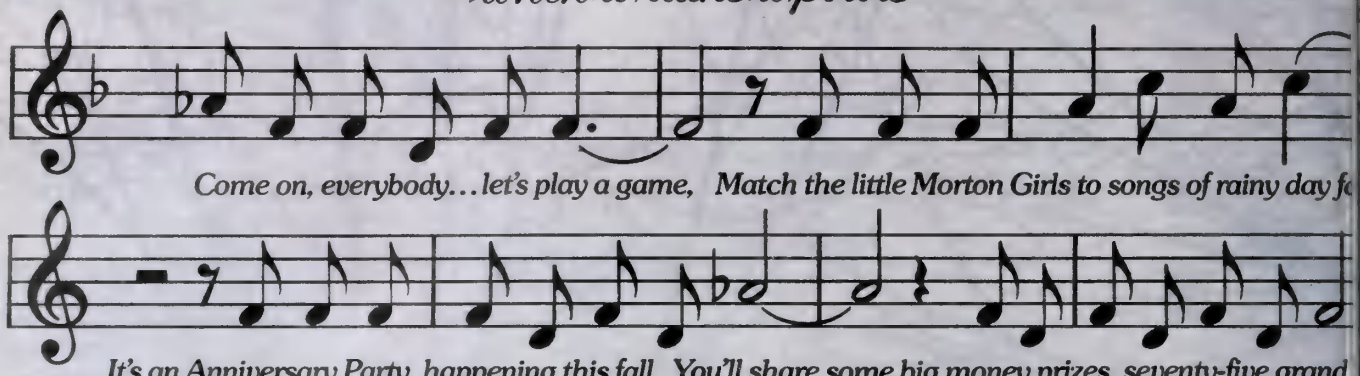

BEST
restaurants'
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Acropolis
Act Four
Adriana's/San Rafael
Adriatic
Adriatic/Saratoga



Where do those in the know go for fabulous meals? To the top-rated restaurants in their Zagat guides, of course. These food lovers' bibles are special because they feature reviews from ordinary people, not professional food critics. And now you don't have to travel to sample the top picks from the big cities covered: We asked the best of the best restaurants in Zagat to reveal their secret recipes so you can serve five-star fare right in your own home!

PLAY THE MORTON SALT GIRL
75th Anniversary RAIN GAME

when it rains it pours®



For your very first girl, look for curls
and a bow...
Find the little girl whose umbrella handle
nearly reaches her toe.
It's spring, the notes declare...
'n violets are blooming everywhere.

Then the skies turned grey,
yet Miss Morton didn't worry or fret.
With a smile and her umbrella,
her blue shoes would never get wet.
In her frilly dress, big bow in her hair,
she makes a rainy day seem quite fair.

Oh come, everybody, walk in the rain with her.
Don't let her be alone and blue—
we know you care.
Bring the sun to her heart,
Make it shine like her golden hair.

The last of our little girls has a different air...
with a lavender umbrella,
and very straight hair.
She never complains over her rainy day job—
Even when it dampens her bob.

How to pair the right Morton Girl with the right rain song

The Rain Game song verses give clues to help you match one of the four Morton Girls on front to one of the rainy day songs in our list. Each lyric places the right Morton Girl and the right song together. Look for words that tie to the title, or a well-known phrase of the song, and tie to some feature of the Morton Girl who was on the package at that time. Once you've played our game, you can verify it easily because we have printed the correct answers at the bottom of the page. Send us your correct answers on the form at the right and you'll be in the drawing for our exciting anniversary prizes.

Match Our Rainy Day Songs...

"April Showers"
...a favorite of 1921 with Girl no.?

"Let a Smile Be Your Umbrella"
...tops in 1927 with Girl no.?

"Just Walking in the Rain"
...popular in 1956 with Girl no.?

"Raindrops Keep Falling on My Head"
...best of 1970 with Girl no.?

Win one of 1,033 prizes worth $75,000

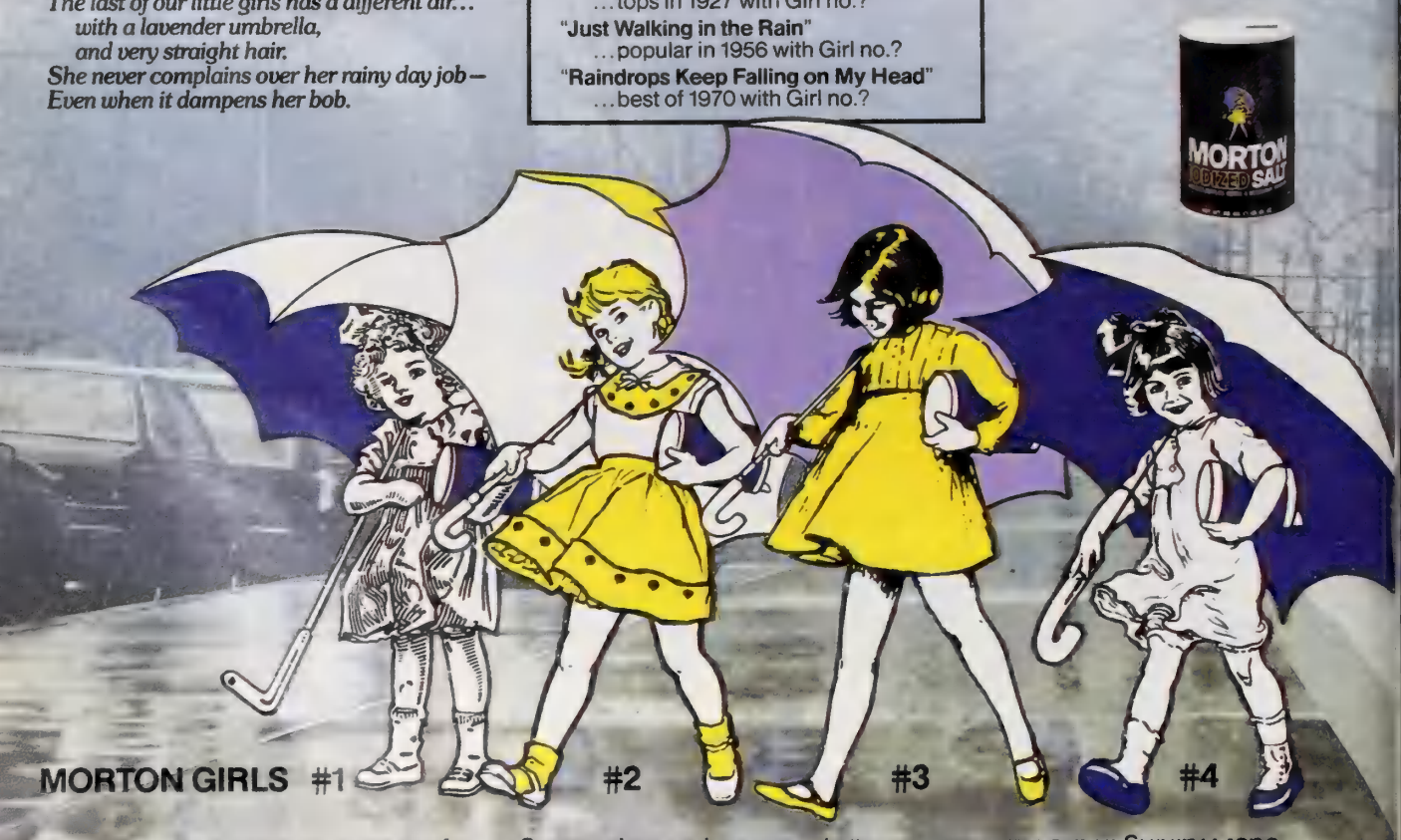
1 Grand Prize: Choice of a 1914 Mo
Ford or a 1989 Ford Thunder

2 First Prizes: Choice of a modern
Piano with early 1900's stylin
Grand Piano

5 Second Prizes: Choice of a 50's
Jukebox replica or an Audio/
Entertainment System

25 Third Prizes: Choice of a replica
old-time "Cathedral" Table Ra
a Sony Cassette Player/Radi

1,000 Fourth Prizes: Morton Girl Un
with push-button opening an
closing feature



The correct combinations are: "April Showers" with Girl #1; "Let a Smile Be Your Umbrella" with Girl #4; "Just Walking in the Rain" with Girl #2; "Raindrops Keep Falling on My Head" with Girl #3.

AY THE MORTON SALT GIRL
75th Anniversary
AIN GAME SWEEPSTAKES

brate the 75 years the Morton Salt and the slogan "When It Rains, It s" have shared the Morton Salt age.

OFFICIAL RULES

urchase Necessary

ter, hand-print your name and address (with zip code) official entry form and, next to each Rainy Day song, y match the Morton Girl (No. 1, No. 2, No. 3 or No. 4) song popular at that time. (See girls pictured in this displays at participating stores.) Also enclose the de number from a Morton® Salt 26-oz. package, or on " paper, hand-print the words: The Morton Salt Girl nniversary Rain Game." Enter as often as you wish, each entry separately to: Morton Salt "75th Anniver-in Game," P.O. Box 1229, Skokie, IL 60076-8229.

epstakes starts 8/15/89 and closes 3/31/90. Entries received by 3/31/90. Morton Salt is not responsible late/mishandled mail. Winners will be drawn at random 0/90 by an independent judging firm whose decisions . Winners will be notified by mail by 6/15/90. Entries property of Morton Salt. None will be returned.

izes will be awarded. Grand, First, Second and Third nners have a choice of one of the two prizes offered pplicable prize category.

nd Prize: 1914 Model T Ford Coupe or 1989 derbird Coupe with standard equipment; approx. retail $15,000 each. **2 First Prizes:** Schafer Player or Schafer Condo Grand Piano; approx. retail value 00 each. **5 Second Prizes:** Rock-Ola Nostalgia box or Fisher Audio/Video Entertainment System (27" 50 Watts Stereo, VCR, CD Player); approx. retail value 00 each. **25 Third Prizes:** Randix Cathedral Radio ny Cassette Player/Radio; approx. retail value $70 **1,000 Fourth Prizes:** Morton Girl Push-button /Close Umbrella; approx. retail value $15 each. mate total prize value: $75,950. Number of entries l determines winning odds. One prize per person. If a not generally available at sweepstakes end, a tion of equal or greater value will be made at Morton hoice. $15,000 may be substituted for the Grand o other prize substitutions or transfers.

epstakes open to U.S.A. residents 18 years or older. ere prohibited or restricted by law. All Federal, State l laws/regulations apply. All Federal, State and local e winners' responsibility. By entering, winners con-use of their names and likenesses for publicity and ing purposes by Morton Thiokol, Inc. without addi-mpensation. Employees of Morton Thiokol, Inc., its s, advertising agency, judges and their immediate are not eligible. Proof of eligibility and release from may be required. For major prizewinners list, send ressed, stamped envelope to Rain Game Winners, 1225, Skokie, IL 60076-8225. Sponsor: Morton Salt of Morton Thiokol, Inc., Chicago, IL 60606-1555.

The Morton Salt Girl 5th Anniversary Rain Game" Sweepstakes Entry Form

plete this entry by combining the correct Rainy Song with the right Morton Girl. *Send to:*

Morton Salt "75th Anniversary Rain Game"
P.O. Box 1229
Skokie, IL 60076-8229

Showers . . . . . Girl no. ____
Smile Be Your Umbrella . . . . . Girl no. ____
Walking in the Rain . . . . . Girl no. ____
drops Keep Falling on My Head . . Girl no. ____

e ____
ess ____
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■ BEST RESTAURANTS
continued

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BECOME A RESTAURANT CRITIC

Zagat surveys are pocket guides that rate restaurants in a city or region according to categories such as food, decor and which are the best buys. The editors publish guides to an increasing number of places and update them regularly. If you dine out frequently, you can participate in a Zagat restaurant survey of your area. To request a survey form, send a stamped, self-addressed business-size envelope to: Zagat Survey, Att.: LHJ, 45 West 45th St., #609, New York, NY 10036. You will be sent a form when a survey for your area is being prepared.

VEAL CHOPS WITH MUSHROOMS AND MUSTARD SAUCE
Tony's, Houston



The secret for success: Buy the best quality veal your butcher can obtain.

Prep time: 15 minutes
Cooking time: 25 minutes

- 1 tablespoon olive oil
- 4 veal chops (12 oz. each), trimmed of fat
- Salt and freshly ground pepper
- 4 tablespoons cold butter, divided
- 2 garlic cloves, minced
- ¾ pound white mushrooms, sliced
- ¼ pound shiitake mushrooms, sliced
- 1¼ cups heavy or whipping cream
- 2 teaspoons Creole or whole-grain mustard
- 1 teaspoon Dijon mustard
- ½ teaspoon fresh lemon juice
- 2 tablespoons minced fresh chives

Preheat oven to 500°F. Heat oil in skillet over high heat. Pat chops dry with paper towels; sprinkle with salt and pepper. Brown in skillet, in batches if necessary, 2 minutes per side. Transfer to roasting pan; bake 10 minutes.

Meanwhile, reduce heat to medium-high; add 1 tablespoon butter to skillet. When melted, add garlic and white mushrooms and cook 2 minutes. Add shiitake mushrooms and cook, stirring, just until tender, 3 minutes. Remove with slotted spoon and keep warm. Add cream to skillet and boil over high heat until reduced and thickened, 8 to 10 minutes. Remove from heat and whisk in mustards. Cut up remaining 3 tablespoons butter and whisk into sauce 1 piece at a time until thickened. Season with salt, pepper and lemon juice.

Place chops on warm plates with mushrooms; spoon sauce over both and sprinkle with chives. Serve with steamed vegetables. Makes 4 servings.

Nutrition info per serving: 725 calories, 57 gm protein, 52 gm fat, 8 gm carbohydrates, 451 mg sodium, 343 mg cholesterol.

SPINACH SALAD WITH SAUTÉED OYSTERS
Bistro at Maison de Ville, New Orleans



The restaurant's signature dish. Think of it as an Oysters Rockefeller salad.

Prep time: 40 minutes
Cooking time: 2 to 3 minutes per batch

Herb Dressing

- 4 teaspoons red wine vinegar
- 1 teaspoon Dijon mustard
- ½ teaspoon anise-flavored liqueur
- ½ teaspoon chopped fresh rosemary
- ¼ teaspoon Worcestershire sauce
- ¼ cup olive oil
- Salt and freshly ground pepper

- ½ cup unflavored dry bread crumbs
- 2 teaspoons chopped fresh parsley
- ½ teaspoon chopped fresh thyme
- ¼ teaspoon *each* salt and freshly ground pepper
- 6 cups torn spinach leaves
- 4 large mushrooms, sliced thin
- ¼ cup olive oil
- 16 raw oysters, shelled
- 2 egg whites, lightly beaten
- 2 green onions, sliced thin
- 2 thick slices bacon, cooked and crumbled

Herb Dressing: Whisk vinegar, mustard, liqueur, rosemary and Worcestershire sauce in bowl. Slowly whisk in oil. Season with salt and pepper.

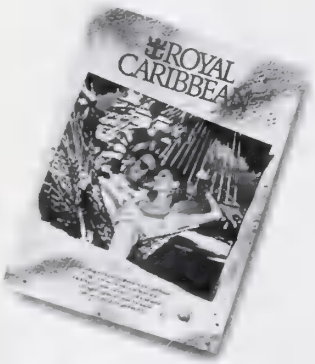
Mix bread crumbs, parsley, thyme, salt and pepper in bowl; set aside. Toss spinach with dressing in large bowl and top with mushrooms. Divide salad among 4 plates.

Meanwhile, heat oil in skillet over medium-high heat. Dip oysters into egg whites, then into crumbs. Cook in batches, turning once, until golden, 2 to 3 minutes. Place on salad and garnish with green onions and bacon. Makes 4 servings.

Nutrition info per serving: 390 calories, 12 gm protein, 31 gm fat, 18 gm carbohydrates, 478 mg sodium, 34 mg cholesterol.

(continued)

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BEST RESTAURANTS
continued

SNAPPER WITH GOLDEN TOMATO SALSA AND JICAMA-ORANGE RELISH
Routh Street Cafe, Dallas



The crunchy, sweet relish and pungent, piquant salsa provide a very refreshing contrast with the grilled fish.

Prep time: 40 minutes plus standing
Cooking time: 8 minutes

Jicama-Orange Relish
- ¾ cup diced jicama
- 3 tablespoons diced orange sections
- 3 tablespoons diced ripe mango
- 2 tablespoons diced cucumber
- 1 tablespoon *each* diced red and yellow peppers and sweet onion
- ½ serrano chili, seeded and minced
- 1 teaspoon finely chopped fresh mint
- 3 tablespoons fresh orange juice
- 2 tablespoons fresh lime juice
- ¼ teaspoon salt

Golden Tomato Salsa
- 1 pound ripe yellow or red plum tomatoes, seeded and diced
- 2 tablespoons *each* diced red, green and yellow peppers
- 2 tablespoons chopped fresh chives
- 2 serrano chilies, seeded and minced
- 1 tablespoon chopped fresh cilantro
- 1 tablespoon fresh lime juice
- 1 tablespoon raspberry vinegar
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper

- ¼ cup olive oil
- 4 red snapper fillets (6-8 oz. each)
- Salt and freshly ground pepper
- ¼ cup all-purpose flour

Jicama-Orange Relish: Combine all ingredients in medium bowl. Let stand 1 hour before serving. Makes 1½ cups. *Golden Tomato Salsa:* Combine all ingredients in saucepan. Just before serving, heat over low heat just until warm, about 5 minutes. Makes 2 cups.

Heat oil in large skillet over high heat just until smoking. Sprinkle snapper with salt and pepper; dip in flour, shaking off excess. Cook 2 fillets at a time until opaque in center, 2 minutes per side. Serve with relish and salsa. Makes 4 servings.

Nutrition info per serving: 400 calories, 43 gm protein, 17 gm fat, 19 gm carbohydrates, 409 mg sodium, 73 mg cholesterol.

SHRIMP IN CHAMPAGNE VINEGAR
Le Marquis de Lafayette, Boston



Whisk in butter a little at a time softens but doesn't melt.

Prep time: 40 minutes
Cooking time: 3 to 5 minutes

- 12 large shrimp (¾ lb.), peeled and devein
- ¼ cup butter, divided
- 2 tablespoons minced shallots
- 1 tablespoon heavy or whipping cream
- Salt and freshly ground pepper
- 3 tablespoons olive oil
- 2 tablespoons champagne vinegar, divide
- 8 cups mixed salad greens
- 1 avocado, sliced thin
- ¼ pound mushrooms, sliced
- 1 large tomato, diced
- 1 tablespoon chopped chives

Cut each shrimp in half length Cook in saucepan of boiling wat minutes. Drain and set aside.

Melt 1 tablespoon butter in s saucepan over medium heat. Add lots and cook 1 minute. Add 1 t spoon vinegar and cook 1 minute. in cream and cook 30 seconds. Re from heat and whisk in remaining ter a tablespoon at a time. Season salt and pepper and set aside.

Whisk oil and remaining 1 t spoon vinegar in bowl. Arrange g in flower shape on each of 4 pl. Arrange 4 avocado slices and se mushroom slices around greens; zle with dressing. Place 6 sh halves on each plate, spoon on s and garnish with tomato and ch Makes 4 servings.

Nutrition info per serving: 395 calories, protein, 32 gm fat, 12 gm carbohydrates, 2 sodium, 141 mg cholesterol.

LEMON TART
Carlos', Highland, IL



The filling has the smooth consisten lemon curd. *(continued on page*

NEW Catalog Specials

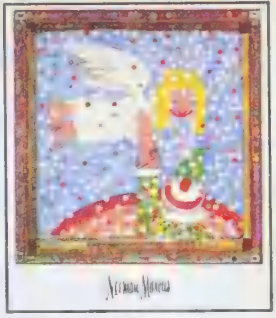
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Country Store

203 The Farmer's Daughter

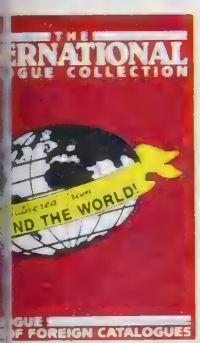
205 Dream Spinners



208 Neiman-Marcus



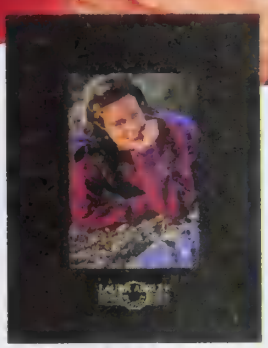
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207 Linen & Lace



210 Lofty Goose



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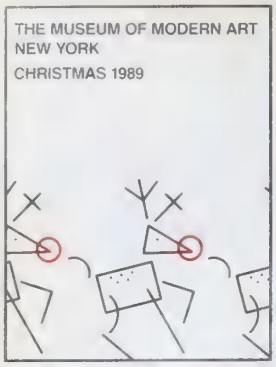
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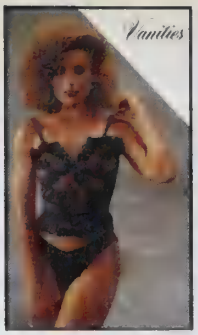
216 Ujena Body Shaper



219 Function Junction



222 FBS



225 Vanities



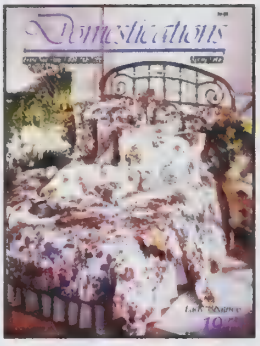
226 Body by Uj



214 Léonard of Paris



217 Christina Stuart



220 Domestications



223 Beau Solay



227 Goose on the Loc



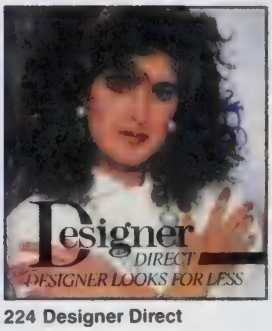
215 Lingerie Erotica



218 Hall of Hanover



221 Michael Salem



224 Designer Direct



228 Romantique



229 Voyages



230 Great Coverups

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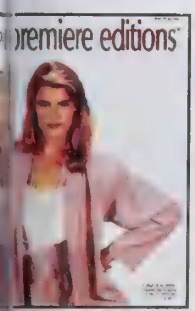
Sporting Life



235 Chelsea Collection



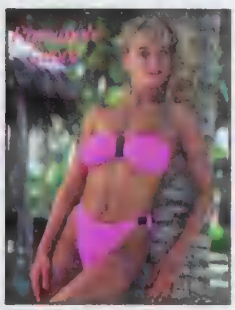
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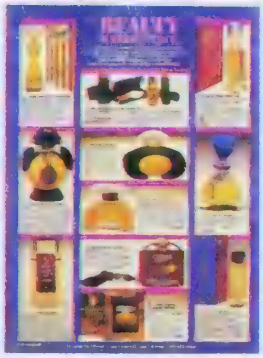
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240 Night 'N Day



241 Adam & Eve

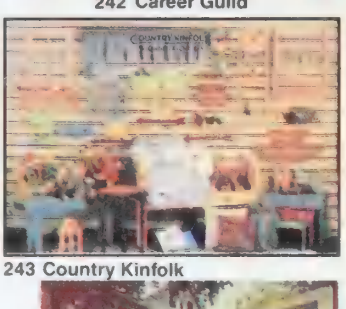


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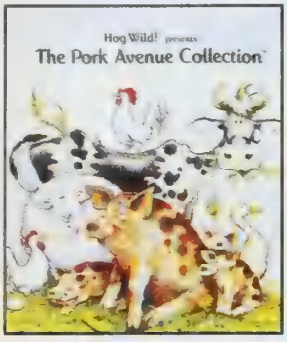
251 Christmas Memories



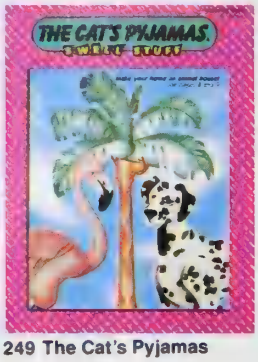
253 Panty-of-the-Month



254 H_2O Zone



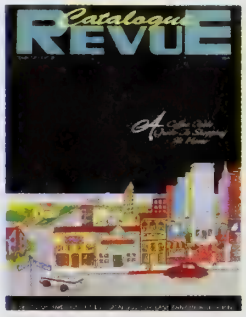
246 Hog Wild!



249 The Cat's Pyjamas



250 Frederick's of Hollywood



252 Catalogue Revue



255 Tannery West



256 Garnet Hill



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BEST RESTAURANTS

continued from page 202

time: 40 to 50 minutes plus chilling and ing

ry
1¼ cups all-purpose flour
¼ cup granulated sugar
½ cup butter, cut up
1 large egg

up plus 2 tablespoons granulated sugar
up fresh lemon juice
rge eggs plus 2 egg yolks
up cold butter, cut up
eel of 1 lemon
up light corn syrup
up heavy or whipping cream
ablespoon confectioners' sugar
easpoon vanilla extract
oasted pine nuts, for garnish

try: Place flour and sugar in food cessor; pulse to mix. Add butter and cess until mixture resembles coarse mbs, about 30 seconds. Add egg and cess just until combined, about 30 onds. Press pastry evenly on bottom sides of 9-inch tart pan with removable bottom. Freeze at least 15 utes or overnight.

reheat oven to 350°F. Line pastry h foil and fill with dried beans. te 15 minutes. Remove foil and ns; continue baking until golden wn, 30 to 40 minutes more. Cool on e rack. Remove sides of pan.

Meanwhile, heat ¾ cup sugar and lemon juice in saucepan over medium heat, stirring occasionally, until sugar is dissolved. Whisk eggs and yolks together in medium bowl. dually whisk sugar mixture into s; return to saucepan. Cook over dium-low heat, stirring constantly just until mixture thickens and ts back of spoon. (Do not boil.) nsfer to clean bowl. Whisk in but a few pieces at a time. Cover surface with wax paper and refrigerate least 3 hours. Spread in cooled shell.

ut lemon peel into ¼-inch-wide ps. Simmer with corn syrup in all saucepan over medium heat 5 utes. Remove lemon peel with and toss with remaining 2 tablespoons sugar. Spread on wax paper dry.

ust before serving, whip cream h confectioners' sugar and vanilla il stiff. Pipe decoratively around e of tart; sprinkle with lemon peel pine nuts. Makes 8 servings.

ition info per serving: 525 calories, 6 gm protein, 32 gm fat, 56 gm carbohydrates, 278 mg sodium, 253 mg cholesterol.



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FALLEN CHOCOLATE SOUFFLÉ CAKE
Chanterelle, New York City



Can anything this delicious be so easy? Trust us, it is.

Prep time: 30 minutes plus chilling
Cooking time: 25 to 30 minutes

- 8 ounces semisweet chocolate, coarsely chopped
- 8 ounces unsweetened chocolate, coarsely chopped
- 1 cup unsalted butter, cut up
- ¼ cup orange- or coffee-flavored liqueur
- 9 large eggs, separated, at room temperature
- ¾ cup granulated sugar
- Confectioners' sugar
- Sweetened whipped cream, chocolate curls

Preheat oven to 350°F. Butter bottom of 10-inch springform pan and line with parchment paper. Butter and flour paper and sides of pan.

Melt chocolates and butter in top of double boiler over simmering water. Cool to lukewarm. Stir in liqueur.

Beat egg yolks and sugar in mixer bowl until pale and thick and mixture forms ribbon when beaters are lifted. Carefully fold in chocolate.

Beat egg whites in another mixer bowl to soft peaks. Gently fold whites in 3 batches into chocolate mixture until blended. Pour into prepared pan.

Bake 25 to 30 minutes, until cake is barely set in center. Cool. Refrigerate at least 30 minutes or overnight. (If refrigerated overnight, let stand at room temperature 30 minutes before serving.) Sprinkle with confectioners' sugar, serve with whipped cream and chocolate curls. Makes 20 servings.

Nutrition info per serving: 265 calories, 5 gm protein, 22 gm fat, 18 gm carbohydrates, 33 mg sodium, 148 mg cholesterol.

FROZEN HAZELNUT ALMOND NOUGAT WITH RASPBERRY COULIS
L'Orangerie, Los Angeles



Candied nuts are folded

(continued)

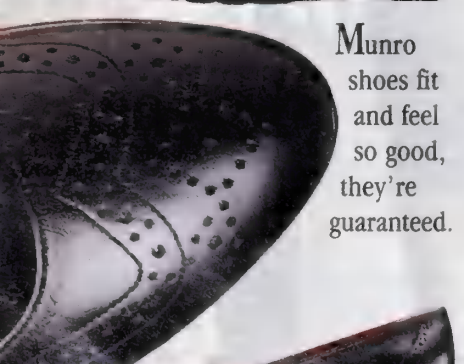
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■ BEST RESTAURANTS

continued

into meringue and whipped cream, then frozen for a cloudlike confection.

Total prep time: 40 minutes

Nougat

- ¼ cup sugar
- ½ cup toasted, peeled hazelnuts, chopped
- ⅓ cup whole blanched almonds, chopped
- ¼ cup shelled pistachios, chopped

- ¾ cup sugar
- ½ cup water
- 5 large egg whites, at room temperature
- 3 tablespoons almond-flavored liqueur
- 1 teaspoon vanilla extract
- 2½ cups heavy or whipping cream, divided
- 1 tablespoon chopped pistachio nuts
- Fresh raspberries and mint sprigs, for garnish

Raspberry Coulis

- 3 packages (10 oz. each) frozen raspberries in light syrup, thawed and drained (reserve syrup)
- 2 teaspoons sugar

Nougat: Lightly oil cookie sheet. Melt the sugar in small, heavy saucepan over medium-high heat until sugar is completely dissolved and syrup is light amber color. (Do not stir.) Stir in nuts and immediately spread nougat on prepared cookie sheet. Cool. Break nougat into small pieces and set aside.

Heat sugar and water in saucepan over medium heat until sugar dissolves. Increase heat to medium-high; boil until syrup registers 250°F. (firm-ball stage) on candy thermometer.

Meanwhile, beat egg whites in mixer bowl to soft peaks. Beat in syrup in thin, steady stream at medium speed. Increase speed to high and beat until cooled and peaks are stiff and glossy, 5 minutes. Beat in liqueur and vanilla.

Beat 2 cups cream until stiff in another mixer bowl. Fold into egg-white mixture with spatula, then fold in nougat. Spoon into 8-inch springform pan. Cover and freeze overnight.

Unmold nougat. Whip remaining ½ cup cream and pipe decoratively around edge. Sprinkle with chopped pistachios and garnish with mint and fresh raspberries. Slice and serve with Raspberry Coulis. Makes 12 servings.

Raspberry Coulis: Puree raspberries in blender. Press raspberries through sieve to remove seeds. Add ½ cup reserved syrup to make 2 cups puree. Stir in sugar until dissolved.

Nutrition info per serving: 350 calories, 5 gm protein, 25 gm fat, 29 gm carbohydrates, 41 mg sodium, 68 mg cholesterol.

GRILLED SWORDFISH WITH SAUCE MARINE

Masa's, San Francisco

Reducing (boiling off) the wine and the clam juice by half gives the sau subtle flavor.

Prep time: 10 minutes
Cooking time: 35 minutes

- 2 cups dry white wine
- 1 cup clam juice
- ¼ cup minced shallots
- 3 tablespoons finely diced tomato, divide
- 2 sprigs fresh thyme plus 1 teaspoon cho thyme
- ½ cup heavy or whipping cream
- 4 tablespoons cold butter, cut up
- 1 tablespoon minced fresh chives
- ½ teaspoon green peppercorns in brine, drained
- Salt and freshly ground pepper
- 4 swordfish steaks (6 oz. each)

Heat wine in saucepan over high until reduced to 1 cup, about 10 utes. Add clam juice, shallots, 2 t spoons tomato and the thyme sp Cook until reduced to 1 cup, abo minutes more. Strain through s Return to saucepan with the c and reduce to ½ cup, about 12 utes. Remove from heat, then whi butter 1 piece at a time until sau thickened. Stir in chives, remain tablespoon tomato, the chopped th green peppercorns and salt and pe to taste. Keep warm.

Meanwhile, brush grill or br pan with oil. Preheat grill or br Sprinkle swordfish with salt and per. Grill or broil swordfish until 3 to 4 minutes per side for med rare. Serve with sauce and new toes. Makes 4 servings.

Nutrition info per serving: 405 calories, protein, 29 gm fat, 4 gm carbohydrates, 4 sodium, 131 mg cholesterol.

Journal Shopping Cent

PARENTS' JOURNAL
Page 84: A—sweater, suspenders, pants, jacket, Ben sneakers, Converse; T-shirt, Sunbelt Sportswear; shoelace Coils. B—hat, cardigan, turtleneck, skirt, jacket, glove gings and zip pouch at waist, Benetton; bag, Worrydoll. C John & Wendy, NYC; sweater, Bubble & Squeak; T-shirt penders, pants, Beach Billy; sneakers, Converse; shoelace Coils. D—T-shirt, Greenstones & Cie, NYC; striped shi jeans, Guess ? by Georges Marciano for Kids; jeans Greenstones & Cie, NYC; cap, Benetton 012; sneakers, R sunglasses, Shoofly, NYC. E—blouse, jeans, jeans jacket Kosh B'Gosh; shoelaces, Shoofly, NYC; suspenders, C NYC; socks, Bonnie Doon; shoes, Stride Rite; backpack, C NYC. **Page 86:** F—gloves, hat, scarf, jacket, top, pants, ton; belt, Faith Knight; pin, Love & Kisses; socks, Le Roi; Reebok. G—pants, shirt, cardigan, jacket, Benetton 012; Sperry TopSiders. H—rain jacket, fleece jacket, turtle pants, Esprit; socks, Trimfit; shoes, Reebok; shoelaces, Hot watches, Watchout!; gloves, Benetton. I—sweatshirt, pants, sweater, Sears McKids; hat, John & Wendy, NYC; ers, Converse. J—hat, John & Wendy, NYC; jacket, B trousers, Nanou C; bag, Esprit; socks, Lerdi; sneakers, Con shoelaces, Hot Coils. K—sweater, shorts, hat, gloves, Ber 012; sneakers, Weeboks; cardigan, Greenstones & Cie, NY

THE REAL ROSEANNE
Page 137: Photos, from left—ABC, D. Kirkland/Sygma. **138-139:** Photos, left, J. Barry O'Rourke. Photos, right- life, J. Barry O'Rourke; houses (from top), Tim Kelly/Black P. Barry Levy/Black Star, Ken Rogers/Black Star; bottom Ralph Dominguez/Globe Photos. **Page 214:** Smeal/Ron G

GOURMET CLASSICS IN 20 MINUTES
Page 170: Plates, carafe, glasses, napkins and cactus sal pepper shakers, Pottery Barn, 231 Tenth Ave., NYC 1 Terracotta tiles, Country Floors, 15 E. 16th St., NYC 1 **Page 171:** Platter and wineglass, Royal Copenhagen/ Jensen Silversmiths, 683 Madison Ave., NYC 10021. Glass bowl and salt shakers, Pottery Barn; tiles, Country Floors.

THE MOUSEKETEER COOKIE BOOK
Page 191: Socks, E.G. Smith; bandanna cap and suspen Dimensions Mercantile; beaded bandanna, Honey Fash **Page 192:** Socks, E.G. Smith; bow belt and polka pony Dimensions Mercantile; black slip-ons, Mootsies Tootsies. **194:** Socks, E.G. Smith. **Page 196:** Socks/legwear, E.G. S shoes, Mootsies Tootsies; headband, Honey Fashions.

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INSIDE THE JOURNAL KITCHEN

You asked for it

Dear LHJ:

There is a wonderful, flavorful rum chocolate mousse recipe that I hope you can obtain. The Top of the Hub Restaurant in Boston makes this delightful dessert of layered chocolate and white chocolate mousse, topped with whipped cream and grated chocolate. I look forward to seeing it in a future issue.

Barbara Levin, Quincy, MA

BOSTON'S BEST

Chef Dave Donahue offers an important tip for working with white chocolate: Watch it very carefully as it melts to avoid overheating. Otherwise, it will separate and become grainy.

Make Chocolate Mousse: Heat ¼ cup light rum and ¼ cup sugar in small saucepan over low heat until sugar is just dissolved; keep warm. Melt 4 ounces semisweet chocolate in top of double boiler over hot water until just melted. Remove from heat and whisk in 3 tablespoons heavy cream, then warmed rum syrup. Transfer to bowl and cool to room temperature. Beat 2 large egg whites until peaks are stiff but not dry. Fold one third at a time into chocolate mixture. Whip 1 cup cream until just stiff; fold into mixture. Refrigerate until firm, about 2 hours.

Make White Chocolate Mousse as for Chocolate Mousse, substituting 4 ounces white chocolate for the semisweet chocolate. (Be careful not to overheat white chocolate as it melts.)

Pipe or spoon layers of each mousse into parfait glasses or into large bowl. Cover and refrigerate up to 2 hours. Garnish with whipped cream and grated chocolate. Makes 10 servings.

recipe index

Here is a listing of recipes appearing in this issu including those from the Journal kitchen and advertisements. Advertisers' recipes appear in boldface. Recipes marked with an asterisk inclua microwave instructions.

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A MOTHER'S REVENGE

continued from page 141

lice said, had terrorized dozens of wom- and eluded capture for four years. Investigators said the assaults, in e city of Columbus, Ohio, were par- ularly vicious. The attacker, known the handcuff rapist, taunted his ctims for up to thirteen hours, reatened them with a gun or a knife d raped them repeatedly. In June 87, Jamie Price, Rita's daughter by previous marriage, became yet an- ner one of those victims.

"I had been visiting a friend that ght," Jamie remembers, "and I was iting for a bus to take me to my job the night shift at the nursing home here I worked. I saw this man com- g. He asked me what time it was. I id I didn't know.

"He came back, put this gun in my e and said, 'Do as I say or I'll blow ur —— head off.' I forced myself to cept the fact that this was happen- g, that I could get killed."

The man marched the slight blond man up a grassy hill directly behind e bus stop. He handcuffed her, put ct tape over her mouth and eyes and ced her into his car. When she tried resist, he hit her in the back of the ad with his gun. Then he drove to another spot, forced her into the back- seat and raped her.

"It hurt," Jamie says quietly; she re- members crying silently. Her tears and sweat loosened the tape over her eyes, and she looked at the rapist's face so she could identify him later.

The man then took Jamie's bank card, drove to a teller machine and withdrew her last paycheck, about $135, drove off and parked again. With his gun pointed at Jamie's neck, he forced her to perform oral sex.

Finally, the rapist let Jamie out in an alley and drove off. The five-hour ordeal was over.

Jamie found a phone and shakily called the police. She was taken to a hospital, and several hours later she made the call that would set her moth- er on a dangerous course of revenge.

A simmering rage

For about six weeks after the rape, Jamie vomited three and four times a day. She moved back home, terrified because her attacker knew her address from the identification she was carry- ing when she was raped. She could not bring herself to sing or play the guitar, activities that had been important in her life. And she wouldn't wear her usual nightclothes to bed—only the blue scrub gown she'd been given dur- ing the few hours she'd spent in the hospital for tests. Still, Jamie, who went to a rape counselor to discuss her fears, was doing better than many of the handcuff rapist's other victims: Some were hospitalized for as long as a year; some are not expected to recover from their mental trauma.

Rita refused to forget the promise she'd made to Jamie: that she would capture the rapist. She kept in touch with the police, asking them what prog- ress they were making and what they knew about her daughter's assailant.

"I wanted to find out his thinking, his habits, why and how he operated," Rita explains.

Gradually, Rita built up her own im- age of the rapist's personality—and formulated her plan. She was con- vinced he would eventually return to the bus stop where he'd abducted Ja- mie. She was also convinced that by acting as a decoy she could trap him.

For nearly a year, though, Rita wait- ed to see if the police would catch the rapist. Meanwhile, Jamie and Mike, Rita's husband, a state police officer, grew concerned and told an investiga- tor about her scheme. The officer tried to talk Rita out of it, telling her that what she was planning "worked only in the movies." *(continued)*

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Fall came, then winter and spring. Some of the handcuff rapes had occurred in warm weather, and Rita felt strongly that the assailant would soon strike again. Then it was June—one full year since Jamie's rape—one full year of Rita's unabated, simmering rage.

Finally, on June 10, 1988, Mike phoned a detective.

"She's going to go through with it," Mike said, hoping that the police would be there to back her up.

That night, Rita dressed to look as much like Jamie as she could.

"I took all my makeup off to look younger," she explains. "In the dark I look young anyway because of my size." (She is five feet tall and weighs 105 pounds.) She put on faded blue jeans, a tank top and a long checked shirt. But the most important thing Rita wore was a bulletproof vest that Mike had bought for her at a police equipment store. And taped to the inside of her hand was a stun gun, capable of paralyzing the rapist for fifteen minutes.

Rita planned to stand alone at the bus stop. If, as he had done with Jamie, the attacker propelled her up the hill, Rita would fall against him and throw him off balance. Mike would be nearby with his gun, ready to spring to her aid.

Everything was ready—but the rapist did not appear. Rita wasn't surprised. She didn't expect him to make an appearance the first time she went to the bus stop. But for the next few weeks she was unable to return to the scene. She had long ago stopped telling Jamie about her plan; the idea of her mother putting her life in danger was making the young woman nervous, and Jamie seemed to be around the house every time Rita planned to go out. If her daughter saw her in that outfit, she'd be terribly worried. So Rita waited until Jamie was out.

On the night of August 5, she made her second attempt, but not before she and Mike, who had been growing more and more upset, had a fight.

"Rita, this isn't a movie," Mike argued. "There's a very dangerous criminal out there!"

Rita was not convinced. "From now on, I'm going to do this every week," she told Mike grimly.

That evening, Rita recalls, she phoned the police herself. She thought the sergeant sounded skeptical as she requested that he notify the patrol officers in the precinct. Rita hung up and hoped for the best.

Setting the trap

At about ten P.M., Mike dropped Rita off at the familiar corner, then circled the block and parked his van across the street. Rita took up her position, eyeing passing cars and pedestrians. Then she saw a compact car pull up and park on the avenue.

Suddenly, from behind, two powerful arms locked around Rita. She was yanked upward, her tiny feet dangling like a doll's, as her attacker carried her to a deserted driveway.

"Jamie had told me that her rapist had a compact car," Rita recalls. "I noticed that no one got out of it."

She waited and waited. Several minutes passed, and Rita grew more and more anxious.

Suddenly, from behind, two powerful arms locked around hers. Two hands grabbed her wrists, shoving them into her chest. She was yanked upward, her size-four boots dangling like the booties on a doll.

She screamed as the man carried her to a nearby driveway.

He threw her down on the driveway and jammed his knee against her thigh, pinning her to the ground. As he released her left hand, Rita tried frantically to fire the stun gun, but the weapon discharged harmlessly. A moment later, Rita found herself staring at the gun her attacker held to her face. "I'll blow your head off," he hissed. Rita was paralyzed with fear.

Then, suddenly, Mike was there—his own gun pointed at the man's head.

"Freeze! Police!"

Rita saw the man look at Mike, then at her, and she knew, in that split second, that if Mike fired, the man's gun would surely go off in her face.

"Don't shoot me," the man pleaded to Mike. Then he wrenched himself off Rita and sprinted across the lawn.

Mike chased after him, yelling at Rita to get the police. Rita knew her husband was in danger, but she followed his order. When she called the police, she learned that the patrolmen were nowhere in the vicinity. (She also learned later that contrary to what she had thought, there had been no po in the area the first time either.)

When Rita returned to the str sick with fear, she found Mike alo The rapist had escaped.

"I know I should have been grateful hell that we were both safe," she reca "but all I could think was, The bast got away! The bastard got away!"

Then, finally, the police were the Rita could do nothing but give th her report. But as she spoke to a trolman, Rita caught sight once ag of the compact car she had noticed e lier. It was empty.

"I think that's his car," she told officer.

It was the missing clue.

Two weeks later, ter obtaining a sea warrant for the hom the man who owned car, Columbus pol arrested Robert B dings, the man suspe ed of being the ha cuff rapist. He had be released from prison ter serving thirte years, part of that time in a psychiat facility for criminals.

The end of the nightmare

Last May, Rita had her final reven Biddings was brought to trial and c victed of twenty-four counts of rape, th teen counts of kidnapping and fo counts of robbery involving thirteen v tims. As Jamie and Rita listened, a juc sentenced Biddings to life in prison, w no possibility of parole for at least fo years. At the same time, Biddings plea ed guilty to seventy additional counts rape, kidnapping and assault involvi sixteen women, including Jamie Price

Police Captain Tony Lanata adm that Biddings probably would not ha been caught if Rita hadn't carried c her plan. Still, he says, it was not smart thing to do.

"Fifty things could have happen out there, and only one of them goo he warns. "Rita could have been rape Both Rita and Mike could have be killed. Luckily, the one good thi happened. But whenever I think abo it, a shiver runs over me."

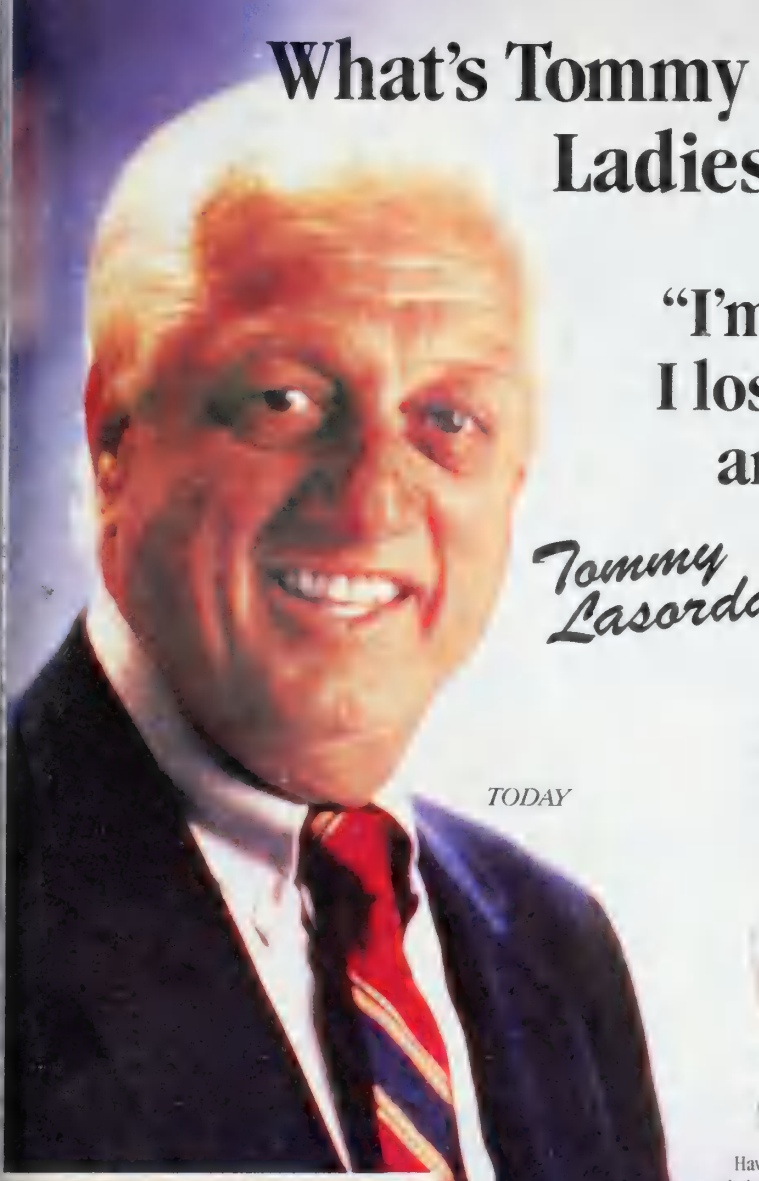
Rita acknowledges she took a gre risk. "I certainly wouldn't advise an one else to do such a thing," she say "But it was worth it to me because h behind bars."

And Jamie herself feels as if she beginning a new life. "Hearing t sentence, I finally felt for all the ra survivors that we're free at last," t young woman says quietly, her moth at her side. "I can start living agai My handcuffs are off."

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ROSEANNE BARR

continued from page 139

Roseanne's life.

"I like died, or whatever you call it," she would say later. "When I woke up I wasn't the same person, because I had gone to a place where I guess a lot of people don't go, and when I came back, it was all going to be *my* way."

"After the accident, she was different," one friend says. "Her grades dropped, and she didn't seem to care about anything anymore. She took her father's car joy-riding one night before she got her license. She cracked it up, and her dad was furious."

Adds a neighbor, "There were a lot of arguments. You could hear Rosie and Helen yelling at each other."

Finally, the teenager exploded at a Mormon meeting, according to a neighbor who was there. "Rosie started shouting," the neighbor recalls. "She said, 'You're all hypocrites, all hypocrites!' "

To Roseanne's parents, their daughter's behavior seemed frightening and out of control. "Helen didn't know what to do about her," a neighbor says. "Eventually she took her to a state-run clinic. The doctors recommended that she go to the state mental hospital. Helen told us they said there was nothing else they could do."

In December 1969, the seventeen-year-old Roseanne was committed to the state's only psychiatric facility, Utah State Hospital, in Provo. The seven hundred patients there were being treated for a variety of problems, from schizophrenia to manic depression. Some were chronically ill, but most were criminals who had been referred by the courts. Perhaps fifty were troubled teenagers like Roseanne, and many of them had been involved in the drug culture that was sweeping America.

It is not clear why Roseanne was sent to Utah State, or why she remained for eight months, but whatever the reason, her stay was one of the most dreadful experiences of her life.

"It was a horrifying place," she has said, "and I was very heavily drugged, so I saw everything through a pretty intense fog. It was a place where you come out of and you become something else, or else you die. I came out." It would take her years to forgive her parents.

After she left the hospital, Roseanne stayed in Salt Lake City only a few months. Late in the summer of 1970, she became pregnant, and she left for another facility—a Salvation Army home for unwed mothers in Denver. There, on May 16, 1971, Roseanne gave birth to a girl. Nine days later, the infant was adopted by Stanley and Gail Brown, a couple who were then living in Denver.

Not surprisingly, Roseanne decided not to return to Utah. Instead, she began a new life in Colorado.

The rebel

"It wasn't 'Dynasty,' but it was cool. We thought we were artsy folks."

In the early seventies, the mountains above Denver were dotted with communes whose members washed in the mountain springs, smoked marijuana, and worked just enough to pay for food. To Roseanne, living there must have been like stepping into the open air after spending years in a closed room; for the first time, she could be herself.

Carole Korosec, one of Roseanne's closest friends from that period, remembers meeting Barr when a mutual friend brought her to join a commune in Georgetown, Colorado.

"It was the hippie days," Korosec recalls. "We were all dressing weird and trying to buck the establishment. Rosie fit right in."

Soon after she moved into the commune, Roseanne got a job as a waitress at the Red Ram bar. The Red Ram, a nineteenth-century saloon, had a long bar whose wooden surface was pockmarked with bullet holes. "It was one hell-raising party place," Jack Bradley, then the bar's owner, says wryly.

One night, Bradley recalls, Roseanne lost patience with a particularly uncouth patron. "She slugged him in the chest," Bradley says, laughing.



Aw, shucks: Roseanne, looking uncharacteristically abashed, with companion Tom Arnold

"She couldn't reach his chin; he was at least six-eight and two hundred fifty pounds. Then she ran from the restaurant as quick as she could."

But most of the time, Roseanne handled the customers in the same way she had survived in Utah: with smart remarks and quick comebacks. "Her mouth," Bradley says, "got her out of lots of tough situations. She was always good for a sharp retort. Then she would smile."

Still, Bradley felt as Sherri Jaggi had in Salt Lake City: There was a part of Roseanne that she allowed no one to see. "I sensed that she was cretive, and there must have b something painful she was hidi Bradley says. "In the spotlight she a card. Out of the spotlight she wa very private person."

One evening, Roseanne walked i a local motel and asked the clerk shy young man with long blond hai she could use the bathroom. The cl was Bill Pentland, her future husba and Roseanne has described th meeting as love at first sight.

Within days of their meeting, R anne and Bill were living togeth Pentland, an amateur magician, lege dropout and sometime journal had a dry, cerebral sense of hum and he seemed to provide Rosea with some much-needed stability. " was the kind of person," says Brad "who needed to be with someone."

During the time the couple lived gether in Georgetown, Roseanne, many comics, began to transform pain of her past life into the kind material that would make an audie laugh.

"We'd sit at the kitchen table dri ing coffee," Carole Korosec says, " she'd start in with some of her routi on Utah. I used to laugh so har would choke."

Two years after they met, appare ly tired of living in the mountains, and Roseanne bought a six-foot-w trailer, got married and left Geo town for a more respectable life in suburbs.

The housewife

"The worst time in my life was wh lived in a trailer with three child and a husband who wanted Je every night."

If the life they lived in the mo tains had been unconventional, years Roseanne and Bill spent i trailer park in Manitou Springs, a s urb of Colorado Springs, and late Denver, were just the opposite. R anne gave birth to three childre Jessica, Jennifer and Jacob—in th years. Bill got jobs as a garbage and as a postal worker.

But Roseanne seems to have had ficulty adjusting to her new role wife and mother. Perhaps o whelmed by the relative narrownes her life after the freedom of Geo town, she apparently suffered a p attack. "One time I left the hous buy a ham," she has said, "and I wa panicked that I never left the house seven years."

Her story is disputed by a rela who says, "I guess if she means wasn't working outside the house ing that time, that's probably true. I don't

(continued on page 2

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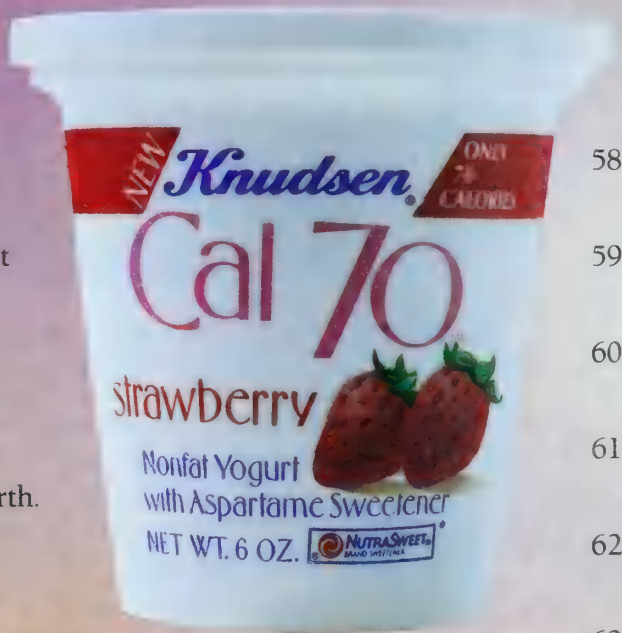
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5. True taste of dreams.
6. Another good, good idea from the good Knudsen people.
7. Live fit.
8. I have no guilts.
Luscious lemony lemon.
New, new, new, new, new, new.

30. Good triumphs over fat.
31. Ends sweet obsessions.
32. 70 itsy-bitsy calories.
33. Thank you *Cal 70.*
34. Who's the good loser?
35. No more monster diets.
36. I saw my cheekbones today.
37. I show off more because more shows off.
38. Mmm, Mmm, MMMMMMM.
39. Diet decadence.

47. I eat doubles.
48. I am not cranky.
49. Balancing my diet is easy.
50. I don't obsess over food.
51. Thin man's name is Andy.
52. Isn't that sweet?
53. Wore "intensely-in" skirt.
54. This is meaningful food.
55. An abundance of calcium.

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21. Add raisins. Mmmm.
22. Add granola. Ahhhhhhh.
23. Add nuts. Oooooh.
24. Daily reward.
Tempt your tummy.
Skinny stuff.
Thin man asked me to dinner.
Mmmm and thin con't.
This is will power.



40. Only 70 nowhere-to-be-seen calories.
41. Food for the soul.
42. I do my stretches.
43. I can desert dessert.
44. This is filling power, for those with taste.
45. Oh. Even my watch fits better.
46. Fitness is the answer.

56. The goodness of protein.
57. My nerves are not frayed.
58. Mixed strawberry and vanilla.
59. Inspired by fruit trees of heaven.
60. I can bare my midriff.
61. Andy is a conservative.
62. Andy asked if I were serious.
63. Had a raspberry and lemon day.
64. Good, Good, Good, Good. Good, Good, Good.
65. I fit into my jeans.
66. Live thin.
67. I reached my goal.
68. Lost some calories.
69. Gained some perspective.
70. I proposed to Andy.

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Dolls pictured from top left - January "Garnet" to bottom right - December "Zircon"



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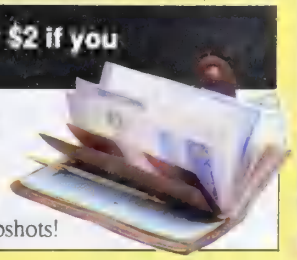
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ALLOW UP TO 6-8 WEEKS FOR SHIPMENT

ROSEANNE BARR

continued from page 214

remember her [literally] not leaving the house for seven years."

Whatever happened during that period, it seems clear that Roseanne's life was fairly restricted. Finally, her innate toughness resurfaced. With the encouragement of her sisters, with whom she had remained close, she dieted down from 205 to 105 pounds and landed a part-time job as a window dresser.

By 1980, the William Pentland Jrs. had moved into a brick house in Denver's Harvey Park section. Almost immediately, Roseanne and her children became as well known on South Utica Street as the Barr family had been back in Salt Lake City.

"Her kids would ride down the block on their Big Wheels, dressed in crazy costumes—feather boas and things," says a neighbor, Shirley Adams. "I'd see her out on the street cussing at them. At first I thought she was rude. Then I realized she was funny."

"When you look at their living room on TV," adds another neighbor, "it's *their* living room on Utica Street, even down to the afghan on the couch. And the way they act: It's really not an act at all. It's her life."

The comic

"I went down to the comedy club to absolve all womankind from smutty little jokes. I became Nemesis, the goddess of retribution."

In February 1981, Roseanne returned to waitressing, this time at a Bennigan's in Denver. As she had done years earlier at the Red Ram, she served one-liners as well as drinks. Now, however, the customers responded with more than laughter: They suggested that she move her act to a comedy club. With encouragement from Geraldine, Roseanne decided to try.

But she bombed at her first comedy appearance, during the unpaid amateur night at a club called Basins Up. She was different from the other comics who appeared there—louder, angrier, edgier. "She had *something* that night, but we didn't know what," recalls George McKelvey, one of the club's operators. "She came off as hard, she didn't smile, very anti-male. I told her she needed to soften her act. She didn't take it well. But every Monday night, Roseanne would be there."

At home, she rehearsed on the back porch, coached by Bill or Geraldine, who lived in Denver.

"They'd work on her act for hours," says one neighbor. "And she'd talk to us some about the problems she had back in Utah and how they were prejudiced against her there. She wanted to show them that she could make a success of herself."

Soon afterward, Roseanne, disagreeing with McKelvey's advice to tone down her act, left Basins Up and began appearing in more unconventional venues like biker bars and coffeehouses. But a few months later, she appeared at McKelvey's new club, Comedy Works, with more mainstream material—and was paid $20 for twenty minutes. Finally, in 1984, Roseanne's hard work and practice paid off when she won a local contest, the Denver Laff-Off. The prizes: her first job as a headliner, and $500. "She told me she and Bill were going to use it to fix the furnace," McKelvey says, laughing.

At that point, Barr made a difficult decision: to go on the road. While Bill stayed home with the children, Roseanne played clubs throughout the country, until she finally walked into L.A.'s fabled Comedy Store in 1985.

It was audition night, just as it had been four years ago in Denver. But this time Roseanne wowed the crowd. "I moved her onto the main-room stage that very night," says Mitzi Shore.

After that, Roseanne's successes came with dizzying speed. She made her first *Tonight Show* appearance within months. She toured four months with singer Julio Iglesias, appeared on David Letterman, got to sit on Carson's couch (on her third guest slot), and taped an HBO special.

In mid-1986, Bill loaded the family's belongings into a U-Haul truck and took off with the kids to join Roseanne in Hollywood. "We've got to move if she's going to get any bigger," he told neighbors in Denver. "We can't do it here."

The star

"I'm not tough to work with, but I care a lot and am real passionate about everything that has my name on

Roseanne, which debuted last October, is a landmark in television history—a rough-edged, affectionate portrayal of a blue-collar family. The kids fight constantly ("What did I tell you," Roseanne snaps, "about killing your brother in the living room?"). The house is a mess. There is never enough money to pay the bills. Both Roseanne and her husband, played by John Goodman, are overweight and could care less. America loves it.

But in real life, Roseanne has been having problems, both personal and professional. Because she was used to off-the-cuff comedy routines, she had trouble memorizing scripted lines for TV.

"Roseanne seems so sure of herself," says a colleague, "but she's confident only in areas where she's had experience or success. Beyond that, she's insecure and very defensive."

Unlike the solo flight of standup comedy, TV is a collaborative medium; at first, Roseanne couldn't adjust. The show's executive producer, Matt William and its director, Ellen Falcon, left due to "creative tensions" before Roseanne saw that she might be overreacting.

She realized that storming off the set was simply rocking the gravy boat. She was earning $30,000 a week and owned 15 percent of a show that could generate hundreds of millions of dollars. If she left the show, she would be sacrificing a fortune.

So once again Roseanne shrewdly adapted to her new role. She began taking drama lessons and relying on advice from Goodman, a respected actor. Eventually, the show moved into number one, unseating the long-time champ, *The Cosby Show*.

But almost as soon as Roseanne had learned how to work in front of a TV camera, she was faced with an even more difficult challenge: her first movie, *She-Devil*, with Streep, one of the most renowned actresses in the world. Roseanne was used to the response of an audience; it was a barometer of how well she was doing. In movies, there is very little feedback. And she was thrown off balance by having to shoot scenes more than twice or out of sequence.

"Roseanne seems so sure of herself," says an actress who has worked with her, "but she's confident only in areas where she's had experience or success, like delivering one-liners. Beyond that, she's insecure, and that makes her very defensive." She was also spooked by her adoring fans, meanwhile, that she had a canvas tunnel built between her trailer and the set. Her relatives, too, have found Roseanne's fame somewhat unsettling. "It was fun—at first," Helen Barr told a neighbor she ran into at *(continu*



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■ ROSEANNE BARR
continued

a local grocery store. "I'm happy for Roseanne, but we feel uncomfortable in the public eye."

Soon, Roseanne began arguing with Streep and director Susan Seidelman over dialogue and delivery. But after Streep reportedly convinced Roseanne to follow her advice on acting, Barr came to admire the actress's technique. And Streep, for her part, learned to respect Roseanne's instinctive approach to material. Streep has even tentatively agreed to appear on an episode of *Roseanne*, in time to help promote the film.

Roseanne's personal problems do not seem so easily solved. Her first year of superstardom has been one of both gain and loss. In May, she found the daughter she gave up eighteen years ago—Brandi Brown, who is now an attractive, bright college freshman from Dallas. The reunion was emotional for both mother and daughter. "It was a lovely experience," says Gail Brown, Brandi's adoptive mother. "I think their relationship will be a nice process of getting to know each other."

But her fifteen-year marriage is reportedly foundering, as have many others under the pressures of celebrity, and Bill Pentland has made it known that he will battle for custody of the children should the couple divorce.

For several months, Roseanne has frequently been photographed holding hands with Tom Arnold, a thirty-year-old comedian. The two spent all their time together last spring in New York while Roseanne was shooting *She-Devil*, and Arnold has said they may marry.

Some of Roseanne's most relaxing moments have been spent with him. At one outdoor café in New York, she even joked with a fan who asked for her autograph: "I'm not really into signing autographs today. But here, take the spoon I just ate off." The fan was delighted.

"Those are the everyday kind of people with whom she feels at ease," says an actress who worked with her on *She-Devil*. "They look up to her as a kind of hero, and she likes that." Mitzi Shore agrees. "I think," she says, "that Roseanne really represents America."

It is an exhilarating, terrifying burden. Still, the people who know her best think that, having come so far, Roseanne Barr will not be defeated by something so minor as superstardom. ■

Kathryn Casey is a frequent contributor to Ladies' Home Journal. Her last piece, an interview with Challenger widow June Scobee, appeared in the February issue.



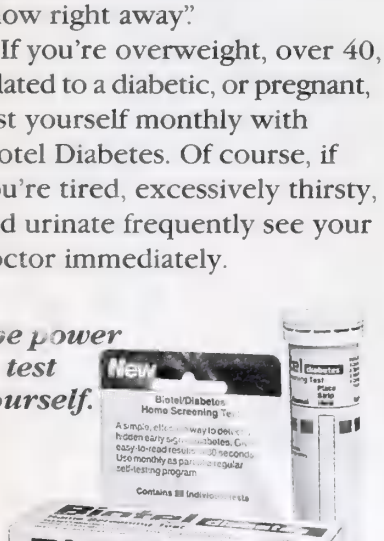
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READERS' JOURNAL

ENVIRONMENTAL EMERGENCY

Thank you for the enlightening and inspiring article "Will the world be here for our kids?" (June). Let's have similar articles so that we may become aware enough and concerned enough to begin seriously working on cleaning up the environment.

Nancy A. Shanklin, La Vale, MD

In the panel discussion on the environment I am quoted as saying that the ozone layer has been depleted by 30 percent rather than the correct 3 percent. Anyhow, I'll endure the good-natured ribbing of my colleagues and enjoy reading the rest of the magazine. **Peggy LeMone, Boulder, CO**

The Journal regrets the editing error.

WHEN SHE'S SIXTY-FOUR

Every magazine or newspaper I have picked up lately seems to be intent on doing over Barbara Bush. Why? She's a fine-looking woman who appears natural and friendly just the way she is.

Do we really want a wrinkle-free, wide-eyed, pink-pucker-lipped sexpot as a First Lady? What on earth would the media say then? Leave Barbara Bush the way she is. I only hope I can look that good when I am sixty-four. **Charlotte Partin, Sumter, SC**

Your article "How Good Should You Look?" (June) came at the perfect time. Seven months after my second pregnancy, p still ask me when my baby is due! S times I have a hard time accepting tho not look like the world says I should husband helped me when he asked three-year-old has ever told me my looks awful or that I was fat. Fortur he hasn't yet been corrupted by soc emphasis on appearance. Imagine our esteem boost if no one had such conc

It is not our appearance that will this a better world. It is who we are i that will. **Kim Holladay, Alpharett**

MEN'S EGOS NOT WOMEN'S PROBLEM

What absolute drivel "How to keep man monogamous" (July) was! You s be ashamed of yourself for allowing s chauvinistic, baseless article to be pr in the *Journal*. Don't you realize ther some women who read your magazine will believe that nonsense?

Does Alexandra Penney think the sired changes she talks about will mi lously come about on their own women continue to coddle the del male ego? We have no hope of corre dysfunctional marriages if women con the patterns and behaviors glorified i article. **Maggie Martin, Kingma**

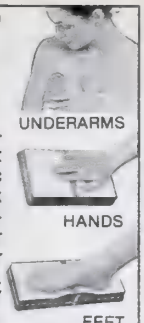
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BEST ON-THE-GO LEGS CONTEST OFFICIAL RULES (cont. from p.35)

1. For each entry, submit two—no more, no less—unretouched recent full-length color print photographs, no larger than 5" x 7" (in knee-length skirt, shorts or swimsuit) of yourself. Hand-print your name on the back of the photographs. No slides or transparencies will be accepted.
2. Fill out the official entry form or, if you wish, on a 3" x 5" card type or print your name, address, zip code, day phone number and age, occupation, height, weight. Tape it to the back of one of your photographs. Do not write on the front of the photograph. Include cardboard backing to protect the photograph in the mail.
3. Enter as often as you wish. Each entry must have two different photographs and be mailed separately to: Best on-the-go legs P.O.Box 3490, Monticello, MN 55365-3490. Entries must be received by 11/1/89. Limit 2 photos per entry. No responsibility is assumed for lost, misdirected or late mail.
4. In each of the 5 regions (Eastern: CT, ME, MA, NH, NJ, NY, PA, RI; Western: AK, AZ, CA, CO, HI, ID, MT, NV, NM, OR, UT, WA; Southeast: AL, DC, DE, FL, GA, MD, NC, SC, TN, VA, WV; Central: IL, IN, KY, MI, MS, OH, WI; Midwest: AR, IA, KS, LA, MN, MO, NE, ND, OK, SD, TX) there will be a regional winner and runner-up chosen.Entries will be judged on the basis of: body proportions (1-10 points), fitness/muscle tone (1-10 points), overall appearance (1-10 points), and leg tip (1-10 points).Five finalists will be chosen by a panel of experts in conjunction with Fulfillment Systems, Inc., Monticello, MN, whose decisions are final on all matters relating to this contest. For the final judging, finalists will each receive a trip for two to New York City for 3 days and 2 nights (consisting of ro coach-class air transportation, hotel and meals; appr retail value $2,500). You will be disqualified if you make the trip at the designated time of judging. In Ne the grand-prize winner will be selected on the basis aforementioned criteria. The finalists and grand-prize will be photographed by a fashion photographer, feature editorial beauty page in one issue of Ladies' Home Jou given a year's supply of L'eggs Sheer Energy® pantyh pairs.) The grand-prize winner will receive $5,00 shopping spree. Four finalists will each receive $1,0 shopping spree. All prizes will be awarded, and winner notified by mail.Prizes are not transferable or exchar Only one prize to an individual or family. Taxes, if any, responsibility of the individual winners.
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6. The contest is open to women 18 years of age or old September 1, 1989, residing in the U.S. Professional employees and their families of L'eggs, Meredith Corp and Saatchi and Saatchi Advertising are not eligible. Voi prohibited. All federal, state and local regulations appl
7. For a list of winners, send a self-addressed, s envelope to: Winner's list, P.O. Box 4034, Monticell 55365-4034.

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Clip-On or Pierced Earrings for Sensitive Ears



by Janet Matthews

Two years ago I stopped wearing earrings—whether pierced *or* clip-ons. Every time I wore them, my earlobes swelled and got sore. Fashion wasn't worth the pain.

Then something happened.

I responded to a mail order advertisement for a free pair of earrings made especially for sensitive ears. To my surprise, these earrings really worked: all soreness, itching, and flaking disappeared.

Still skeptical, I did a little research. Here's what I learned.

The pain I'd felt is called *contact dermatitis*—an allergic reaction responsible for the symptoms that make most earrings so uncomfortable for about half of us who wear them. I was surprised to learn that it's triggered by the common alloys and solders used in every pair of earrings I owned—even the expensive 14K gold ones!

The solution, tested and proved in a recent medical study by noted dermatologist Alexander Fisher, M.D., is pure, 24-karat gold and surgical stainless steel combined in a unique plating process. The result is Simply Whispers pierced and clip-on earrings—irritation-free and guaranteed hypoallergenic.

I visited Roman Research and saw how modern medical standards were applied in making these earrings. I also saw *thousands* of letters of thanks to Ms. Stone from women all across America. Let me quote just two:

"Before Whispers came along, my ears would get seriously infected by even the most expensive earrings. I work for a doctor, and even he was amazed."

Here's another.

"I had my ears pierced about 15 years ago, and I have never been able to wear any kind of earrings, even clips, without getting a reaction . . . Now I can, and I really can't believe it!"

What I had experienced is a very common problem!

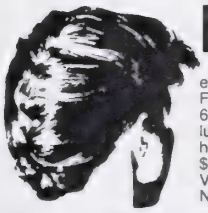
Ms. Stone said that because of the fantastic response to Simply Whispers (more than 300,000 women tried them last year), the company now offers a "Lifetime Guarantee Against Discomfort" on hundreds of beautiful earrings—classic styles, seasonal colors, and children's styles, priced from just $5.98 in its new color catalog.

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LAST LAUGHS



Deb Polston

"HOW COME THE BIRDS AND BEES KNOW SO MUCH ABOUT SEX? THEY DON'T WATCH TV."

Out of the mouths of babes

When my five-year-old grandson had his eyes checked, the doctor sat him in front of the eye chart and asked him to read the top line. After a long pause, he looked at the doctor and said, "I haven't learned that word yet!" —*June D. Hall, Cartersville, GA*

Jimmy, my four-year-old, was watching TV with his older brother, Adam, when he turned off the set. "Why'd you do that?" Adam said. Jimmy replied, "I'm getting a drink of water, and I don't want to miss anything." —*Mrs. Betsy P. Race, Euclid, OH*

While shopping, I overheard a mother introduce her little girl to an acquaintance. The youngster was very polite, but while the two women were talking, she tugged on her mother's arm and asked loudly, "Mommy, is she the lady who's a lot nicer than most people think?" —*Suzan L. Wiener, Spring Hill, FL*

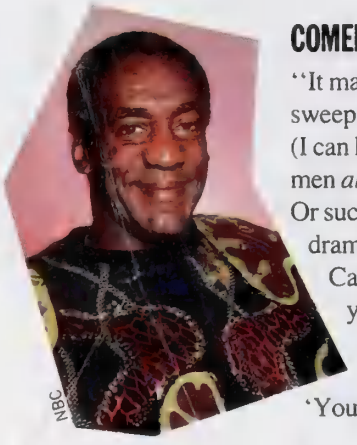
THE AGE OF ISH

We count a baby's age in days,
And soon move on to weeks;
Then say, "He's only X months old—
See how he walks and speaks!"

As toddlers turn to youngsters
They're often heard to boast:
"I'm big! I'm seven-and-a-half!"
"So what! I'm eight, almost."

The *halfs* and *almosts* turn to teens;
The twenties disappear.
And then the estimates set in:
"I'm thirtyish this year!"

—Susan N. Horowitz



NBC

COMEDY CLUB: BILL COSBY

"It may well be a habit of females to base sweeping accusations on a single instance. (I can hear Gloria Steinem crying, 'You men *always* say we generalize about you.') Or such generalizing may merely be a dramatic device developed by my wife, Camille. I know only that eighteen years ago, I lost a key; and ever since then, she has handed down to the children, like an Arthurian legend: 'Your father *always* loses his keys.' "

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Irwin Horowitz



COMING IN Oct

My favorite room We loved looking at all your entries, and it was difficult to choose . . . but we finally made a decision. Meet the winners of our contest, and take a tour of their beautiful homes.

A century of classic cakes The *Journal*'s best of the best! Forgotten where you've filed that recipe for your favorite Lady Baltimore cake? Look no more. Here's a treasure trove of our all-time great desserts you'll be sure to save.

You asked for it You told us you want to learn to dress thinner, and you can't do a thing with your hair. Help is on the way! Your toughest beauty and fashion problems—solved.

Women and heart disease: a special report Coronary disease isn't just a man's problem anymore. Find out what you must know to save your life. Bonus: the heart-smart cookbook.

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LADIES' HOME Journal® VOL. CVI NO. 10 OCTOBER 19

IN THE NEWS

84 • **Marilyn Quayle: the woman nobody knows** She's a study in contrasts—her devotion to her husband and family fails to hide her regret about the career she left behind. Exclusively for *LHJ*, the Second Lady reveals how she's adjusting to life in the limelight. *By Jane Farrell and Barbara Bronson Gray*

137 • **The war against women** The statistics on rape are more grim than ever, the assaults more brutal. Does today's society encourage such violence? What can we do to stop it? *By Carol Lynn Mithers*

140 • **Brave new baby** Cynthia had a hysterectomy six years ago, but with a breakthrough fertility technique she and her husband are now happy parents. A *Journal* exclusive. *By Nelly Edmondson Gupta with Frank Feldinger*



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MIRACLE MOM
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PERSONALITIES

COVER STORY 112 • **Jane Fonda: "I'm stronger than ever"** The controversial actre and aerobics queen is counting on her children and her career to susta her in her latest role—being single again. A *Journal* exclusive. *By Christopher Andersen*

42 • **What's hot: Diane Sawyer** After leaving *60 Minutes* and the single life b hind, Diane's all charged up for the challenges ahead. *By Ponchitta Pierce*

142 • **Bette vs. Joan: Hollywood's hottest feud** For half a century Davis a Crawford vied viciously for movies, men and Oscars. A juicy peek at the new bes seller about their tangled, tawdry lives. *By Shaun Considine*

BODY AND MIND

59 • **Women and heart disease** If you think heart attacks happen only to Type men, think again: Heart disease is also the leading cause of death for women. *L* teamed up with the American Heart Association for a special report that can save yo life. Plus heart-healthy recipes. *By Joan Lippert*

92 • **Personal journal** Introducing our new column. This month: how to handle panic attack; comforting a grieving friend; and more.

118 • **Medinews** Focus on contact lenses, and more. *By Sally Squires*

120 • **Getting crafty** Why spend months hand-piecing a quilt when you can buy finished one? Because it's rewarding, relaxing and fun. Here's how you can g involved even if you've never threaded a needle. *By Judith Kelman*

124 • **"Woulda/coulda/shoulda": how to avoid no-win thinking** Stifle that no ging "if only I had . . . " voice and put an end to the negative mind-set that drags y down. *By Arthur Freeman, Ph.D., and Rose DeWolf*

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FAMILIES TODAY

131 • **What kind of mom are you?** Take part in our groundbreaking survey. *By Margery Rosen*

YOUR MONEY

50 • **How to save for what you want** Denise and John need to slash their spending to buy their first house. Jane and Jeff want to invest wisely for their kids' college fund. Part two of our special series. *By Michael J. Weiss*

HOME

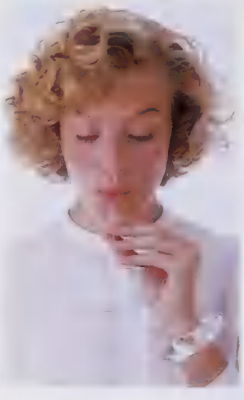
158 • **My favorite room** Meet the winners of February's decorating contest, and join us on a tour of their retreats.

BEAUTY AND FASHION

33 • **Beauty and fashion journal**

149 • **Everything you always wanted to know about beauty and fashion** You biggest problems solved! We've got all the tips you've been searching for *By Lois Joy Johnson*





100 YEARS OF SWEET TREATS
PAGE 182

BEST-BET BEAUTY TIPS
PAGE 149

FOOD

169 • **Food journal** What's cooking in October.

170 • **Super supper sandwiches** Heros the whole gang will love.

176 • **TV dinners** Cook up chili à la Roseanne, spaghetti sauce the Huxtable wa and more with recipes inspired by your favorite prime-time TV shows.

182 • **A century of classic cakes** A trip down memory lane for a hundred yea of all-time favorites from the pages of the *Journal*.

193 • **The LHJ cooking school** Can't cook? Not to worry—this month's foc course will have you whipping up classic entrées like a pro. *By Jan Turner Hazar*

200 • **Glorious greens** Autumn means harvest time! Take advantage of the sea son's bounty with recipes from Greens, San Francisco's famous vegetarian restaurant

207 • **Inside the Journal kitchen/Recipe index**

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100 • **A passing fancy** Jenny loved her husband, but she couldn't resist what S mon had to offer. *By Marianne Gingher*

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Cover photos: Fonda—photo, Harry Langdon; clothing, David Hayes; earrings and bracelet, Robert Lee Morris for Donn Karan (available at Bullocks Wilshire, Los Angeles). Davis, Howard Frank Archives; Crawford, Neal Peters Collection Sawyer, Capital Cities/ABC. Photos this page, from top: Irwin Horowitz, Tohru Nakamura.


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EDITOR'S JOURNAL

By Myrna Blyth



The Journal makes a difference

I hope every issue of *Ladies' Home Journal* makes a difference in your life. I know *LHJ* can make an important difference to some readers. Jeramie Dreyfuss, wife of actor Richard Dreyfuss, who last November shared her story of coping with lupus, called recently to tell me that during the past year thousands of women have written to the Lupus Foundation after reading the article. "Many women have begun to make sense out of symptoms they hadn't understood for years," she said, though she is still concerned that many women are not receiving the best treatment for this complex disorder.

Another article that elicited extraordinary response was our two-part feature on breast cancer ("The war on breast cancer," October and November 1988). Many readers wrote to say the pieces encouraged them to have a mammogram. In several cases a malignancy was found and treated. One reader wrote to tell me that although dealing with breast cancer was frightening and difficult, she was glad the articles had persuaded her to have a mammogram. She wrote, "I copied the articles and took them to the hospital to share with other women. The *Journal* really was a help to us all."



Meet the winners of our "My favorite room" contest: Grand prize—Donna Perdon, above, left, with Lucia Oswald, of Du Pont Flooring Systems; first prize—Gladys McAnally, below, seated, with Tracey Walker, of Blue Chip International

Ladies' Home Journal has just won a prestigious Clarion Award from Women in Communications for this series. I'm delighted that this fine feature has been accorded this very special honor. But I am even more grateful that the article was of real value to *Journal* readers.

Sometimes readers write to say the *Journal* makes a difference by interesting them so much. Recently, Carolyn Godwin, of Jacksonville, Florida, wrote to say, "At three A.M. I stole the time to read your April issue, and at least fifteen times as I was reading, I said to myself, you deserve a letter of praise. Please know that if you can prompt this great procrastinator to write, then you are really doing a magnificent job. Thank you."

Thank you, Carolyn. We really hope we are succeeding in making a difference, great or small, in your life and in the lives of our millions of readers.

READER CALL-IN DAY This month it's Wednesday, October 4, from 1 to 4 P.M. Eastern time. Remember, the call's on you. At the phones: Associate Food Editor Susan Sarao, 212-351-3680; Associate Beauty and Fashion Editor Susan Parkes, 212-351-3681; Associate Decorating Editor Karen Reisler, 212-351-3682; Managing Editor Mary Mohler, 212-351-3683; Health Editor Nelly Edmondson Gupta and a cardiologist, 212-351-3684.

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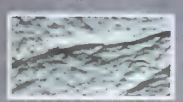
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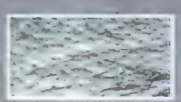
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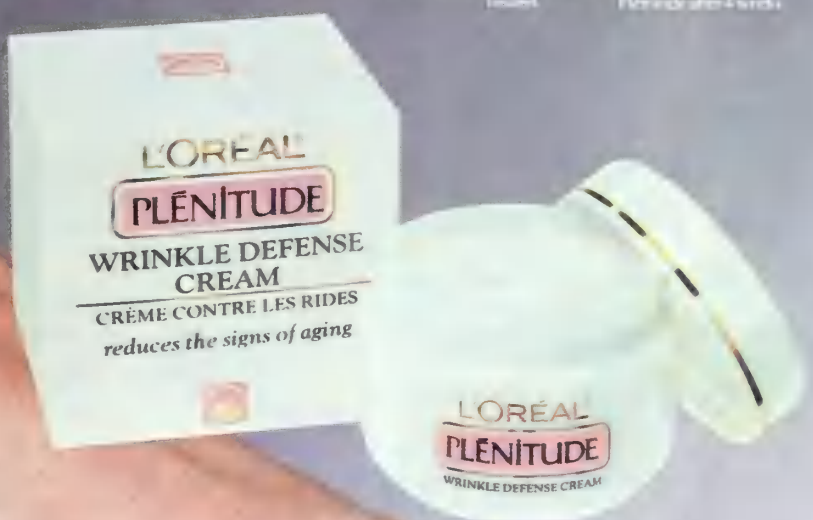
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CAN THIS MARRIAGE BE SAVED?



"All he does is scream!"

Married barely one month, Annie was ready to call it quits. How could she live with a man whose temper raged out of control?

By Margery D. Rosen

Introduced thirty-six years ago, "Can this marriage be saved?" is the most popular, most enduring women's magazine feature in the world. This month's case is based on interviews with clients and information from the files of Sonya Rhodes, D.S.W., a family therapist in private practice in New York City. The story reported here is true, although names and other details have been changed to conceal identities.

Annie's turn

"I COULDN'T BELIEVE IT. He was yelling so loudly, his face was purple and he was sputtering with rage," said twenty-six-year-old Annie, in tears as she pulled off her oversize black sunglasses and settled into the couch.

"This is not the man I married. Kirk used to be so sweet, so kind. A puppy dog, really. Actually, he reminded me very much of my father. But we've been married barely one month now, and I keep asking myself, 'What on earth did I ever think I had in common with this man?' Just the other night Kirk took a handful of plates and smashed them on the kitchen floor because he said I had left such a mess. Okay, I should have wiped the counter down a little more carefully. And maybe I should have hung up my clothes after I got out of the shower. Kirk's first wife was a great housekeeper and a gourmet cook, and I can't compete with that. Still, I don't think it's necessary to start breaking china.

"As far as Kirk is concerned, I can't do anything right. Last week he was on me about my talking on the telephone. I know I spend a lot of time on the phone with friends and with my mother, whom I talk to every day. What can I say? I'm a telephone person. But since Kirk refuses to go out with any of my friends, how else am I going to keep in touch?

"I'm sure he'll also tell you I never want to make love. Well, what does he expect? When he carries on the way he does, I don't even feel like holding his hand, let alone making love.

"We probably fight the most, though, about money. He thinks I spend too much. 'This house looks like the U.S. Customs Office,' he'll scream. I do spend a lot on clothes. But I work, and at this stage in my life, I think I deserve it.

"I admit I'm obsessed with money. My whole life my mother would get all the hand-me-downs from our relatives and make me wear them. Look, I know this must sound terrible, but I want to have a nice apartment *(continued)*

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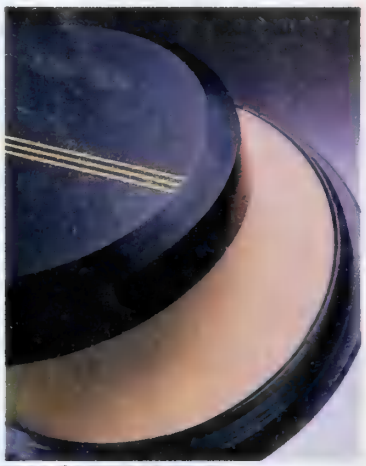
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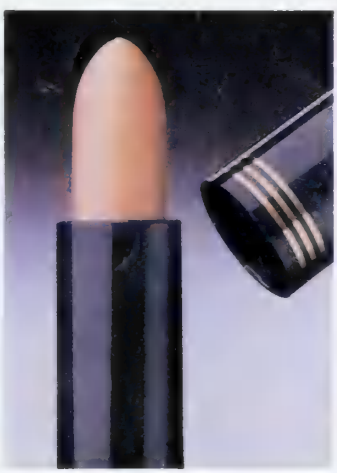
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CAN THIS MARRIAGE BE SAVED?

(continued) and nice clothes without worrying whether we'll have enough money to pay our bills.

"I thought Kirk felt the same way, but clearly I was wrong. His latest business scheme—managing a chain of dry-cleaning stores—recently fell apart. And he really doesn't seem to care all that much. But I'm trying to figure out how to stop panicking about money.

"Maybe my mother was right. Maybe I did marry beneath me. You know, I have never really gotten along with my mother, and I'm so glad I'm not like her. Always, Mother would compare me to my friends, telling me how I wasn't as pretty as Phyllis or wondering why Linda got an *A* on a project and I didn't.



"She yells that I'm a jerk or gives me the silent treatment," Kirk says. "And I can't tell you the last time we had sex."

"Mother didn't just pick on me, by the way. She picked on my father, too. I can't even remember why, exactly, but it seemed to me and my younger brother that nothing Dad did was ever good enough.

"Anyway, I graduated from high school with a *C*-plus average, good enough to get into a local college. A lot of my friends were going away to school, but I didn't want to do that. In fact, until I got married, I lived at home. And, though my heart wasn't in it, I got my bachelor's degree in education. My parents wanted me to be a teacher.

"Well, I absolutely hated teaching, and after two miserable years I quit. A friend of mine was starting her own interior-design business, and she asked me to work with her. That intrigued me, so I started helping her out. But Mother still thought it wasn't good enough, because I wasn't a professional. 'My children should have done better,' she'll moan. Part of me gets furious when she says things like that, but the other part wonders if I jumped too quickly into this marriage.

"I met Kirk about a month after I had broken up with someone I had dated for a long time. I was twenty-five and really wanted to settle down. A friend fixed us up and I was attracted to him right away, but since he had just separated from his wife, I was more than a little leery. Kirk kept calling me, though, and finally, after a year, I said yes.

"The relationship became very intense very fast. After a few weeks, Kirk asked me to move in with him, but he didn't want to get married again. I understood that, but I refused to live with him unless he married me. 'I don't want to lose you,' he told me, so we set the date.

"Well, as I said, it didn't take long for things to go to hell in a handbasket. I never thought I'd be seeing a marriage counselor when I've barely unwrapped my wedding presents. But I want this marriage to work, and I think Kirk does, too. Not only was his first marriage a failure, but also his own parents divorced when he was four, and he was traumatized by it. I know how much he wants to have an Ozzie and Harriet family life. But Ozzie didn't scream at Harriet and throw things on the floor. Kirk has got to change, and that's all there is to it."

Kirk's turn

"Annie may think I was out of control, but I was really trying to calm *her* down, " said Kirk, twenty-seven, in a soft voice. "She is just like her mother. She gets nuts sometimes, and I don't know what to do.

"Look, I know this is all my fault, and I think I know why. I come from a broken home myself. My parents split up when I was four. When the kids would ask where my father was, I'd lie and say he was working late at the office.

"I guess I wanted to please my father, though he's a very difficult man. I hate to admit it, but I have his temperament. I have a short fuse. I loved my mother, but I think I blamed her for my father's leaving. We used to fight all the time, too. My mother died when I was eighteen—she had a brain tumor and was very sick for about a year. Somehow I managed to graduate from high school, but I had no idea what I was going to do.

"I'd been dating this girl for two years and after my mother died, we decided to get married. I was nineteen, she was seventeen. She wanted to get away from her mother, and I had nobody, so I married her. We were divorced after four years.

"All this time, I drifted from job to job. I like people, so at one point I tried selling cars. But I didn't have a glib tongue. There are some guys I worked with who could sell you the Brooklyn Bridge twice. Not me. I don't have a head for business.

"I really thought this dry-cleaning business was going to work out, but I guess Annie is right. She nags me to get motivated, but I suppose I don't have much of a future.

"Even though I know she's right, I still get furious when she gets on me like that. Despite what Annie says, she's not the most open person in the world either. When I try to tell her how upset I get when she's messy, she doesn't talk about it like she says she does. Either she screams that I'm a jerk, or she gives me the silent treatment. And I can't even tell you the last time we had sex.

"I swore I would never marry a second time; I didn't want to go through all the hurt again. But when I met Annie, I fell head over heels. She was gorgeous. And she had a lot of class.

"I don't know why things went so wrong. I guess I'm very difficult and hard to please, but some of the things she does would make anyone go crazy. Like when she's on the phone, sometimes all evening! Why can't she say, 'Look, Kirk's home now, I gotta go'?

"Annie gets mad when I don't want to go out with her friends, but I don't have anything in common with those people. They're all college graduates.

"And one more thing: Does Annie think she married a millionaire? I want her to have nice things. But let's face facts, we don't have that kind of money.

"It's not my style to talk to a stranger about personal *(continued)*

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by Gloria Vanderbilt



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CAN THIS MARRIAGE
continued

things, but damn it, I want to save this marriage. I've never loved anyone like I love Annie."

The counselor's turn

"To be honest, when I first met Annie and Kirk, I doubted their marriage would last," said the counselor.

"Annie was furious, and it took quite a while to stop her from interrupting whenever her husband spoke. Her aggressiveness, however, was a mask for a deep sense of insecurity and low self-esteem—not surprising, considering her mother's barrage of criticism.

"Nevertheless, as far as Annie was concerned, all their problems were due to Kirk. And she never tired of telling him so. Unfortunately, to a large extent, Kirk shared her view. A kind and sensitive man, Kirk had been devastated by his parents' hostile divorce. Torn by guilt that he somehow had caused the breakup, he was so anxious and emotionally needy that he leapt into an early first marriage. When that relationship fell apart, when he was subsequently unable to hold onto any job, he saw it as further proof of his failure. His anger and his explosive episodes were the only way he knew of defending himself.

"My first step in counseling was to help Annie and Kirk understand that they were both responsible for the problems they faced. I also pointed out that they had in common a yearning for a warm, close, mutually dependent relationship. And they were both highly motivated to achieve it.

"Though Annie resented the way her mother treated her, she had failed to shift her allegiance to her husband and to separate herself from her parents' expectations. As a result, there wasn't enough emotional glue in their relationship to help them overcome the normal marital difficulties.

"In fact, despite her claims to the contrary, Annie had in many ways grown up to be just like her mother, losing her temper and belittling Kirk as her mother belittled her father. Also, like many couples, Annie and Kirk both expected the other to be the 'parent.' While Annie expected Kirk to be a good provider, Kirk expected his wife to run an orderly household. When she turned out to be as messy as a teenager, when she stayed on the phone with her friends all night, he felt shortchanged. But he had to realize that losing his temper didn't work.

"After several weeks of counseling, Annie finally began to see how contributed to the difficulties were having. It helped when I poi out that much of her anger at was irrational: Kirk wanted he have nice things; he simply wa earning enough to buy them for h

"This led to an intense discus about Annie's own career. I told A that if she wanted the trappings better lifestyle, she would hav provide them herself. With her u initiative, she scanned the help-w ed ads and decided to pursue a career in interior design, so she plied for a training program at a m department store. Her acceptance the program was a much-needed b to her self-confidence. As she starte feel better about herself, she felt be about Kirk, too. Much of the ten between them eased, and Annie fo she was feeling more responsive Kirk in bed.

"I must say, Kirk really surpr me. A man like Kirk is usually resistant to treatment, yet he b somed as we focused on his many qualities, particularly his sensiti and his compassion. As he gained n confidence, he felt more capable standing up to Annie. He learned, that instead of exploding, he sh simply walk out of the room until heat of his anger subsided. Then t could continue whatever conversa they were having.

"Most important, Kirk started l ing for work and was offered a posi at the post office. Though it's n high-level job, the benefits are ex lent and his future looks bright.

"During one session, Kirk and nie ironed out a division of labor: nie agreed to handle the finances. fore long, she had placed some of t earnings into an IRA account and u some for a down payment on a s house that they could rent out for tra income. As a result, she felt anxious about money.

"For his part, Kirk willingly ag to take on the household duties long as Annie promised not to be a slob. And if Annie agreed not to on the phone when he was home did), then he agreed to go out with friends once in a while (he did and a wonderful time).

"Annie and Kirk ended counse after fourteen months. Though their problems are not resolved— nie will probably always be the kin person who occasionally thinks grass is greener on the other sid the fence — at least she has learne count her blessings. Most import they both learned to share the resp sibility for problems that do come and to work together to solve them

Sometimes it's nice to fool Mother Nature.



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"I was radioactive"

I was "contaminated" with high levels of radiation. But I wasn't the victim of a freak nuclear accident; I was undergoing a medical treatment for cancer
By Linda George



The author can now hug her husband, Dan, and her young children, Andrew and Cara, without fear of endangering their health

A big fluorescent "R" marked the door to my hospital room, warning staff members and other patients to beware. And no one—not even my doctor—was allowed to come near me for days. That's because I had just finished drinking a dose of radioactive iodine—and any person who came within six feet of me would become exposed to the radiation.

The "atomic cocktail" I'd consumed was actually a medical treatment for thyroid cancer. Although it may sound like something out of a science-fiction movie, doctors have used radioactive iodine for forty years to treat some types of thyroid problems. In fact, First Lady Barbara Bush was successfully treated with it earlier this year after she was diagnosed as having a thyroid disorder called Graves' disease (a form of hyperthyroidism), which occurs when the thyroid produces an excess of hormones. For reasons not yet understood, a person's antibodies attack the thyroid gland and make it overactive.

The disorder, which is much more common in women than in men, is characterized by such symptoms as weight loss, eye problems, such as double vision, rapid heart rate, anxiety and nervousness.

My own thyroid problem was much different, however. It began in November 1985, when I went to my family doctor, Melvyn Tiger, complaining of pressure in my right ear and occasional dizziness. I thought it was probably an earache, which I was prone to, and expected Dr. Tiger simply to prescribe an antibiotic and send me home. Instead, he began examining my neck. Finally, he told me that there were two suspicious nodules on my thyroid. "They're the size of large marbles," he said. Then he suggested I call his friend, Dr. Robert Somers, a surgeon.

I was terrified. I knew my condition was serious because Dr. Tiger had seemed so concerned. But I'm only thirty-one years old! I thought. If anything happened to me, who would raise my four-year-old son, Andrew, and my one-year-old daughter, Cara? Who would be a loving wife to my husband, Dan?

By the time I got home I was so upset I was hyperventilating. I rushed to the phone to call Dan at work, *(continued)*



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A WOMAN TODAY

continued

but my fingers were shaking so much I could hardly dial the number.

Dan tried to calm me. "We'll do whatever we have to, Linda," he said soothingly, but I knew he was upset.

Dr. Somers told me that I would need to have a biopsy to diagnose my condition, and he scheduled the procedure for November 25. A couple of days later, Dan and I met with him to get the results.

"Linda, I'm afraid you have cancer," the doctor said.

Dan turned white, and later he told me he thought he was going to pass out. Cancer had been my worst fear, too, but surprisingly, once I heard the diagnosis I was no longer afraid. I just wanted to get as much information about the disease as I could in order to begin fighting it immediately.

What I learned was that thyroid cancer is more than twice as common in women—who will have an estimated 8,000 cases this year—as in men; doctors think it may have something to do with the hormones women's bodies produce, but they don't know for certain. Although this cancer can strike at any age, if it's discovered soon enough, the cure rate is high.

Dr. Somers explained that I would have to undergo a CAT scan of the neck and upper chest to determine how extensive my thyroid cancer was. The test was done on November 29, and the news was encouraging.

The doctor said that he thought my chances for survival would be very good if I had a thyroidectomy—surgical removal of the thyroid gland. Then, each day for the rest of my life I would have to take a pill to replace the hormones that my thyroid had once produced—thyroxine and triiodothyronine, which control the body's metabolic rate and body heat.

The surgery took place on December 9, and I remained in the hospital for one week, recovering. Shortly thereafter, I met with Dr. Bernard Shapiro, chairman of the nuclear medicine department at Albert Einstein Medical Center, in Philadelphia, who would oversee my follow-up treatment.

"It's hard for surgeons to remove every little piece of the thyroid," Dr. Shapiro explained. "Radioactive therapy is a proven postsurgical method for zapping out any residual thyroid tissue."

He told me that I would be given iodine-131 in the form of a "cocktail," which would make my body radioactive for three to four weeks. I would have to stay in an isolated, radiation-proof room in the hospital for three to seven days in order not to expose anyone else. (Barbara Bush did not l to be isolated like this after her t ment because she took a much sm dose than I did.) As far as me experts knew, Dr. Shapiro added procedure posed no increased ris cancer for the patient.

Although this sounded frighteni knew I didn't have much choice. S January 10, I checked back into stein. But nothing could have prep me for what I found when I opene door to my specially prepared hos room. Every square inch of the was covered by large sheets of p taped together. Plastic covered doorknobs, the shower faucets, the and the toilet seat. There were large bins in the corner of the r where I was to put my leftover plastic eating utensils and dirty ens. Because any person coming v in six feet of me could be in danger food and laundry deliveries woul placed on a chair near the door.

"I've seen some patients take a at this room and run like a bat ou hell," Dr. Shapiro told me.

A short time later, four medical dents wheeled the radioactive c tail into my room. The liquid—third of an ounce—was held in a t lead container that must have weig about thirty pounds. The physic watched as I gingerly sipped the tallic-tasting stuff through a straw soon as I finished, they left the roo rather quickly.

Except for the nurses' aide placed my dinner on the chair near door, I didn't see another human b until the next day. Although the tors had told me I was allowed to h guests as long as they stayed at l six feet away, I didn't want to tal chance with the health of my fa and friends. That night, I talke Dan and the kids on the phone told them how much I missed ther

I began to feel like a leper. The pital staff couldn't even come into room to change the bed. Dr. T called me from a phone in the outside my room. My only visitor Dr. Shapiro, who came in briefly e day to determine my radioacti count. Standing as far away as po ble, he would scan me with a Ge counter that had a three-foot-long a My neck was so radioactive that meter ticked furiously every tim came near that part of my body.

I tried to sleep, but it was hard to comfortable in the plastic-covered that crunched every time I mo Late that night I finally drifted o the droning of the television.

I woke Saturday morning feeling tremely nauseated. There was a bi ing sensation *(continued on page*



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ntinued from page 24

e my neck, and my glands were len the way they were when I'd mumps as a child. The doctors as- d me, though, that one dose of ra- ctive iodine had no side effects. probably just a cold," they said. I to believe them.

ey also told me that in order for ount to become low enough for me o home, the iodine would have to through my body. In hopes of ding up this process, I drank gal- of liquids. Although Dr. Shapiro me this wouldn't help, I was deter- d to try anything.

Monday morning I was desperate eturn home. I missed my family bly. The smell of all my leftover which had remained in the trash for several days until it was no er radioactive, permeated the n. But worst of all, when I tried to on the TV I discovered it was bro- I was inconsolable. The television become my constant companion in lonely room.

started to wonder if my radioactiv- had caused the set to malfunction. r all, the controls were right next e on the bed. And if the radioac- iodine could cause the TV to break n, what could it do to me? I called Shapiro in a panic. He told me that situation was just a coincidence.

s next words cheered me. "I'll be see you shortly," he promised. "If radioactivity count looks better, ll be out of here soon."

hen he came in later that morning scanned me with the Geiger ter, he was amazed at the drasti- reduced count. "You'll be able to ome today!" he exclaimed.

vas thrilled. But before I could set out of the room, all of my belong- had to pass inspection, too. It was derful to see Dan and the kids n, but even at home I had to follow t precautionary measures. I was to maintain a three-foot distance everyone between the ages of teen and forty-five—because they e in their reproductive years—and s forbidden to touch my children ne week, since the radiation could n their developing organs. (The t Lady also confronted a few re- tions after drinking radioactive io- —she was not allowed to hug her dchildren or hold the new White se puppies for about seventy-two rs.)

nce Cara was obviously too young nderstand what was happening, I her to my mother's house for the so she wouldn't feel rejected. I ained the situation to Andrew, and he took it very well—except for the time he fell and wanted me to kiss his "boo-boo." I felt totally helpless when I couldn't. Each night, Dan slept on the living-room couch. Visits from friends and relatives were restricted, and because my best friend was pregnant, I didn't dare see her for a month.

Finally, the week was up and I was able to hug my family again and resume all my normal activities. After being cooped up for what seemed like forever, it was a real treat to run errands without worrying about endangering anyone.

Six months later, I went back to Dr. Shapiro for a checkup. He prescribed a body scan—X-rays of my entire body—and a thyroid uptake exam, to make sure that all the thyroid tissue and cancer cells had been destroyed during treatment. Because my daily thyroid pill contained synthetic hormones that could influence the outcome of these tests, I would have to stop taking it for one month to allow my body to detox. And without these hormones, the doctor told me, I was likely to feel more tired than usual.

The first two weeks without the medication were manageable. But toward the end of the month I could barely stay awake. Taking a shower and getting dressed were even more than I could handle. I couldn't think straight, and my speech became a slow, boring monotone. My body no longer had the energy to ward off chills, and I shivered constantly. I gained ten pounds, although I hardly ate. By the end of the month, I was sleeping sixteen to twenty hours a day.

After four weeks, I was pronounced completely detoxed from the thyroid hormones. I was then given a radioactive pill that would act as a tracer during the impending exams. Two days later—once the pill had had enough time to take effect—I was finally ready to be tested.

Waiting for the results that same day was agonizing. I knew that if Dr. Shapiro detected any cancer cells, I'd have to go through the radioactive-iodine treatment all over again. I tried to think positively.

When Dr. Shapiro walked into the waiting room, he was smiling. "I'll see you again in five years!" he told me. (The five-year mark is a milestone in terms of recovery for many types of cancer; however, I would continue to see Dr. Somers for regular checkups—every three months for the first year—to make sure that the cancer had not recurred.)

Today, even though my experience was a bizarre one, I can't help feeling lucky. Thanks to my radioactive cocktail, I am a cancer survivor. ■

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Expecting in Style







● Comfort is essential, so sit, stretch, bend and walk in everything you try on. Stick to lightweight season-spanning fabrics like cotton wovens and knits or blends that are at least half natural fiber. ● Wear colors that make you feel outgoing and attractive. Lynn felt best in sophisticated black; Leeza loved the freshness of blue and white. ● Play up your best features. Leeza has great legs, and she loved showing them off in walking shorts, boxers, short-cropped jumpsuits and skinny leggings. ● Sash your hips to make them look smaller—works with dresses, tunics, caftans, big tees. You'll need a 4-inch-wide fabric strip cut long enough to go around hips plus an extra 12 to 18 inches to tie a bow. ● Borrow sweaters, sport jackets, karate pants, cotton pajamas and dress shirts from the man in your life. Create shape with shoulder pads, add feminine flair with scarves, lace collars, jewelry. ▶

Photos, Pam Barkentin-Blackburn; hair and makeup, Nadia Taricco for Cloutier. Photographed at the Off Vine Restaurant, Hollywood, CA.

Illustrations, David Croland

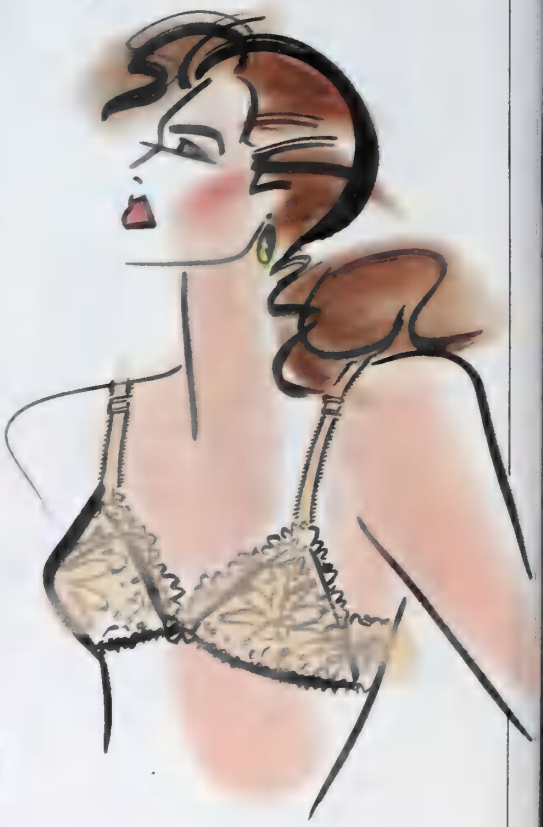
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■ *Comfortable underwire* ■ *Front closure, low scalloped décolleté* ■ *Available in A, B and C* ■ *Color picks: pink, white, cream, aqua* ■ *Style #1224, $16.50*

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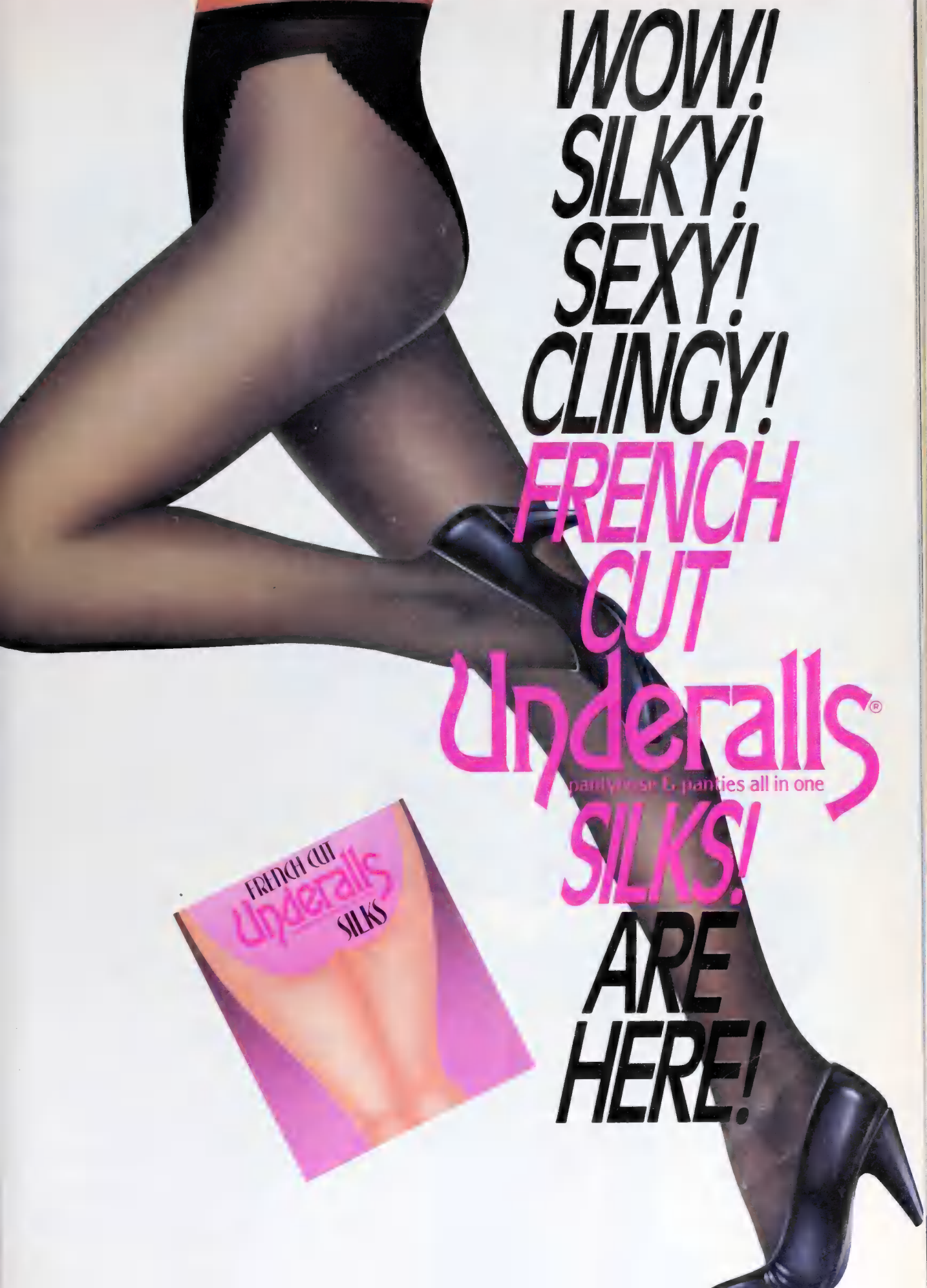
■ *Scalloped stretch lace underwire cups* ■ *Available in A, B and C—good for an average bust* ■ *Color picks: Pink Champagne, Peach Whisper, Rosewater, Ivory, Silver Blue, Black, White* ■ *Style #H5719, $17*



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Linda makes them stop and stare wearing Revlon's Color Memory Sheer Lipstick in See Through Red. Cardigan, N. Peal Cashmere; earrings, Erwin Pearl.



Karen clearly wins rave reviews wearing Maybelline's Moisture Whip Lipstick in Classic Red. Polo sweater, N. Peal Cashmere; hoops, Sharent.



Jane's a real traffic stopper with Cover Girl's Continuous Color Lipstick in Infrared. Body suit and earrings, Anne Klein.

Rex's hot lips tips

- Wearing red lipstick requires application know-how, not a perfect mouth. Two essential tools: a lip pencil for lush contours and a lip brush to help color go on smoothly.
- Make sure top lip is free of hair by waxing or bleaching.
- Match liner to lipstick. Start lining at center of top lip and go to corners. Blot liner with a cotton swab to soften.
- Round out thin lips by applying foundation to lips, then lining just above and below natural lip line.
- Try Ultima II Lipchromes in Voltage, Action, Snapshot, Backlight; Lancôme Hydra-Riche Creme Lipcolour in Ruby Rouge; Revlon Color Memory Soft Matte Lipstick in Chamois Red; Estée Lauder Signature Automatic Pencil For Lips in Scarlet.

All photos, Bico Stupakoff; hair, Hubert Cartier for Jean Louis David; makeup, Rex.

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WHAT'S HOT

Diane Sawyer



She's never played it safe. Now, with her new show, she's taking her biggest risk yet

The prime time of her life

SHE AROUSES THE SAME SUPERLATIVES THAT only diamonds usually inspire. "Flawless," "Brilliant," "Cool," burble Diane Sawyer's admirers—especially if they're male.

But the cerebral sweetheart of *60 Minutes* is now being tested in a tougher arena. Since August, she's been co-anchoring a new hour-long news show on Thursdays at ten P.M. The program, *Primetime Live*, pairs the ladylike Sawyer with the pit-bullish Sam Donaldson, former White House correspondent for ABC.

As she puts it, their co-anchorship is something like "a blind date between Emily Dickinson and the Terminator." Yet Sawyer sounds as if she's looking forward to some on-the-air fireworks. "We hope that I can say to him, or he can say to me 'That's the most ridiculous thing I've ever heard.' We hope that it will be a bit on the edge."

By Ponchitta Pierce

The edge may not seem like a natural habitat for someone so composed, but at age forty-three, Sawyer is spending a lot of time there. Earlier this year she left CBS and her $1.35 million-a-year spot on the highly rated *60 Minutes* to take her chances on ABC's iffy venture.

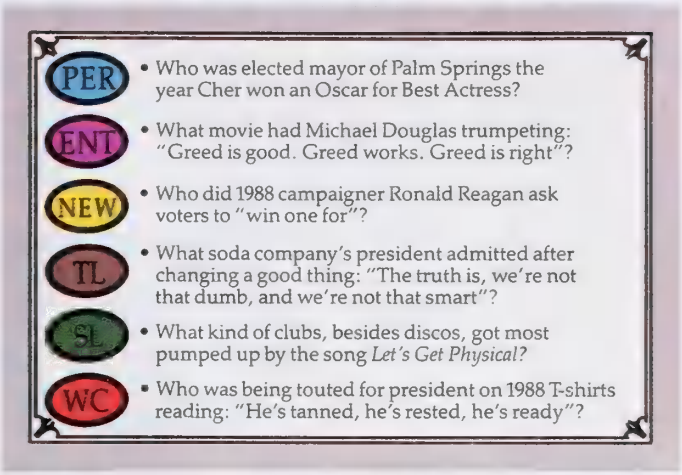
Many colleagues thought she was demented. "All sorts of people called me," Diane remembers, "and said, 'You had a secure position at the premier magazine broadcast, working with the Olympians of investigative reporting. Why on earth would you take that kind of chance?' "

The reason, she insists, was "for the risk, for change, for the thrill of the unknown." Her old show, however phenomenal, was still "a broadcast that already had its mark established." Now she has a chance to make her own mark, as well as ABC News president Roone Arledge's promise to make her even more of a star.

Of course the raise probably doesn't hurt, either. *(continued)*

Capital Cities/ABC

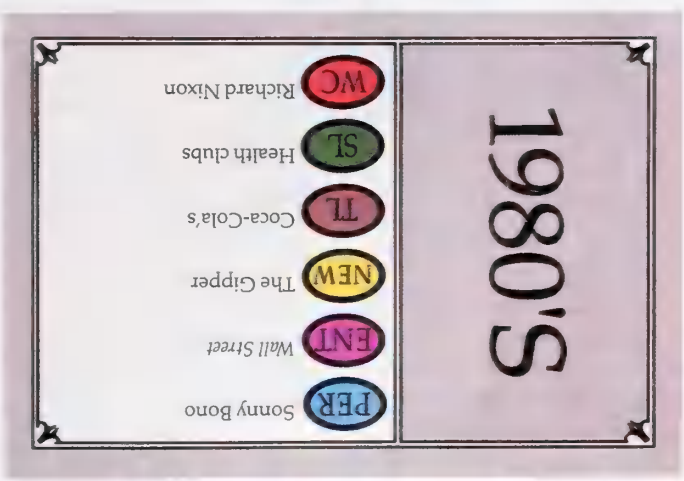
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WHAT'S HOT

Diane Sawyer

(continued) Although she doesn't like to talk about it beyond conceding "I'm happy. I'm *very* happy," Sawyer now reportedly gets $1.6 million annually, more than anyone except such broadcasting powerhouses as network anchormen and Barbara Walters.

Sawyer's also been taking a chance on matrimony for the first time. For years, she'd been a gossip-column staple with such escorts as Warren Beatty, Henry Kissinger and Bill Paley. Her steadiest romance was with Richard Holbrooke, a former assistant secretary of state turned investment banker. But during that romance, she would also occasionally have lunch with Mike Nichols, the director of *The Graduate*, *Silkwood* and *Working Girl*. She kept trying to talk him into appearing on *60 Minutes*. At some point, the topic of their conversation must have shifted; they were married in April 1988, at a friend's house on Martha's Vineyard.





Sidewalk sweethearts: Diane and her husband, caught in a moment of public passion (left), and in a slightly more sedate mode (above)

Somewhat hesitantly, Sawyer says that she and Nichols share a "spiritual symmetry." "I care about two or three things, and those Mike cares about, too," she says quietly. "I care about my work, and having time to do it properly. I care about concentrated time with him; I care about time when the door's shut and nothing can get in."

Clearly, the attraction is not entirely spiritual, however—as a widely published photograph made clear. Diane smiles ruefully as she talks of the night that she and Nichols, thinking they were alone on a Manhattan street, impulsively embraced—and were immediately snapped in mid-smooch by the paparazzi who were stealthily following them.

"Can you imagine anything more horrifying?" Diane says dryly. "You're standing on a perfectly empty street, and then all of a sudden, it's like a cartoon—there are two of them leaping out of buildings with flashbulbs." She laughs. "My mother said, 'What do you expect if you behave that way?' "

Sawyer was brought up to behave like a proper young lady by her mother, an elementary school teacher, and her father, a county judge and prominent Republican, in the Louisville, Kentucky, suburb of Glasgow. The younger of two daughters, Diane frequently paints her girlish self as a nearsighted, klutzy bookworm. But she was well-coordinated enough to be a high-school cheerleader, and sufficiently stunning to become the 1963 America's Junior Miss.

After graduating from Wellesley, Sawyer went home and landed her first TV job—as a weather girl in Louisville. Then, in 1970, she moved to Washington, D.C., where her GOP connections helped secure a job in the Nixon White House, first in the press office and then as an assistant to the president. When Nixon resigned in 1974, Diane remained loyal to the boss who had left the presidency in disgrace. Like a few other staffers, she returned with him to San Clemente, where she spent four years helping to edit his memoirs.

Once the book was completed, Diane—with the help of an old family friend, CBS News executive Bill Small—joined the CBS Washington bureau as a reporter. Some colleagues, including Dan Rather, reportedly questioned the propriety of having a former Nixon aide cover the news. But Sawyer's professionalism—not to mention her consummate command of office politics—eventually prevailed.

In 1981, she won a prestigious co-anchorship on the *CBS Morning News*; critics loved her even if the audience was small. And when she was chosen in 1984 as a regular on *60 Minutes*, it was generally acknowledged that she had become, in just six years, one of the most powerful women in broadcasting.

Some question whether she or *60 Minutes* ever made the most of that power, despite some arresting profiles of difficult subjects such as Imelda Marcos and the late Admiral Hyman *(continued)*

Photos, from left: Talesnick & McBride/Retna, Adam Scull/Globe Photos.


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WHAT'S HOT Diane Sawyer

(continued) Rickover. Asked if there was a signature Sawyer story comparable to his own brand of bushwhacking, Mike Wallace once replied, "I don't think so. I suppose what distinguishes her is that she's a female."

"But toward the end," Diane says today, "Mike was saying that I was coming closer. I think that everybody felt, and I certainly did, that the difference in [my work] in the first year at *60 Minutes* and the fifth year was vast." She adds diplomatically, "I miss them. We were all a family."

Diane's real home life is far cozier these days. Notorious for her lack of domesticity, she's now occupying well-appointed houses in Connecticut and Los Angeles, as well as an East Side town house in New York, and coping with her allergy to Nichols's four cats and six horses. "I don't really require much—I tend to live in one or two rooms, and I'm very happy if I have my books and a TV set and one chair and a bed," she says, laughing. "But my husband has a civilized life—he hangs up his clothes!"

Diane gets along well with Nichols's children by his three previous marriages, Daisy, Max and Jenny. But when asked if she wants to have or adopt a child of her own, Sawyer fidgets. "I don't know," she says. "I don't know how people make these decisions in advance."

Given their pressing professional schedules, the couple try for as much togetherness as possible. "I tell him everything about my day, and he tells me everything about his," she says. "We don't go to big parties very often. I have a very soft voice, and I can't talk above the sound of a crowd. I think our lives are accelerated enough without inviting situations in which you can't finish a sentence."



Will the chemistry between Diane and Sam provide more interesting drama than their competitor, *L.A. Law*?

Both partners will soon be on the road again, she traveling for ABC and he on location in L.A., directing the film version of Carrie Fisher's novel, *Postcards from the Edge*. "I don't know how we're going to do it," Diane says unhappily. "So much of our lives are knitted together in every way."

Still, steering *Primetime Live* through its first months will undoubtedly provide some distraction. She'll be traveling for on-the-scene reports of major news stories, as well as doing live interviews and colloquies with Donaldson. She is also scheduled as a substitute anchor on ABC's *World News Tonight*. The first time she did so on ABC, last June, Diane recalls, was a frightening experience.

"I hadn't done it for about two years, and I'm sitting in front of the camera thinking, I can't do this. It was the same feeling you have in a dream when you walk onstage and you don't know which play you're in. But the minute the light went on [to start the broadcast], I knew. And it was wonderful to be back on the daily news again."

Once she's on the air, she says, "I'm absolutely concentrated. That's what I love about this work. Each story I do is like reading a wonderful book, where you're drawn in further and further and you almost have to fight your way out of it to come back to the rest of the world."

Of course the rest of the world —or whatever percentage Diane and Sam can draw away from *L.A. Law*—will be watching for all that perfection to flub or fray just a little.

"That sort of goes with the territory," she says resignedly. "You've got an interview and you cornered him, and you feel you've had a crowning achievement, and then at least two hundred or three hundred letters come in about the fact that your lipstick was smudged."

But for now, Diane's not thinking too much about her critics; she's too busy enjoying herself, getting up at five-thirty when she's traveling and reading six newspapers every day. "This is the job I want. I don't know what I'm good at. Maybe listening." She smiles suddenly. "And if you can't do that in journalism, where else can you do it?" ■

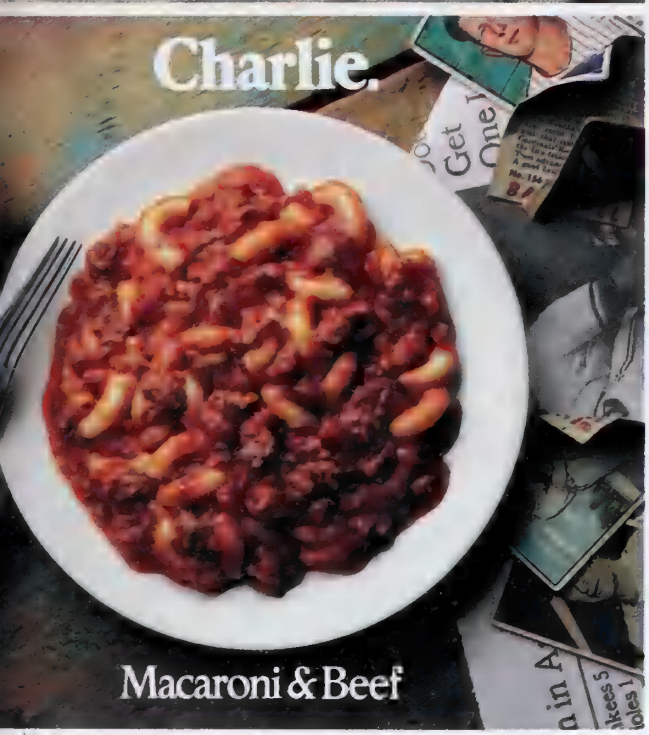
Ponchitta Pierce is a writer and TV journalist based in New York.

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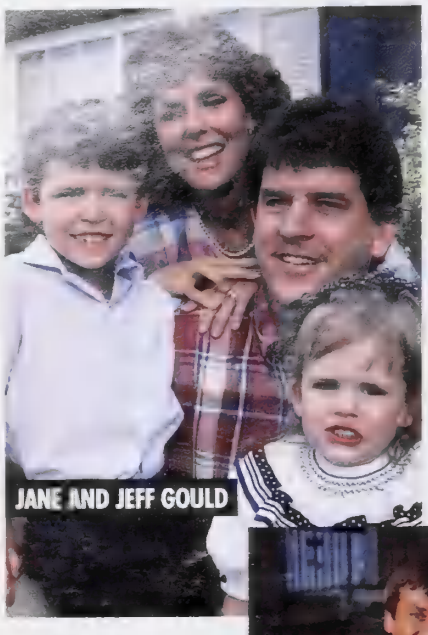
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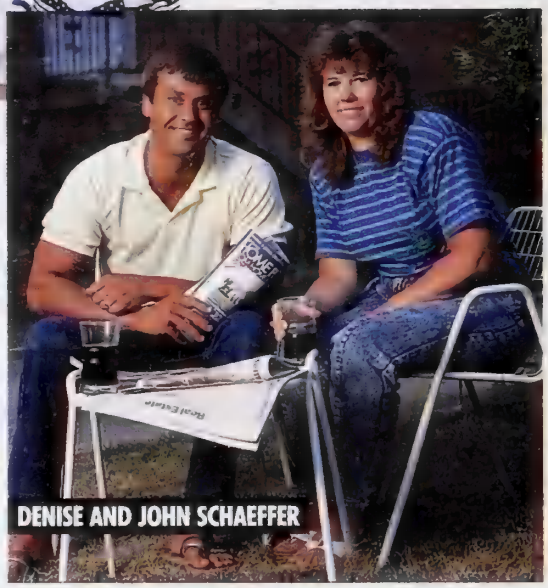
MONEY

Is it too soon to put money aside for your child's college education? What's the best investment plan for first-time home buyers? In part two of our special report, financial experts offer detailed advice

How to save for what you want



JANE AND JEFF GOULD



DENISE AND JOHN SCHAEFFER

The Goulds were habitual savers but weren't sure they were investing wisely for their kids' education; the free-spending Schaeffers decided they wanted to own their home, not rent it

Photos, from top: Mike Smith/Black Star; James Schnepf/Wheeler Pictures

By Michael J. Weiss

The two couples profiled below have spending and saving habits that are as different as those of the fabled grasshopper and ant. Still, their financial concerns are similar: how to save enough money to meet long-term goals and yet have cash on hand for more immediate needs—plus occasional luxuries. The first couple, the Schaeffers, are childless for now and are sometimes lured by the temptations of easy credit. The second couple, the Goulds, have two young children and are already straining to make the necessary sacrifices to pay for their kids' college education. Both couples can benefit from careful financial planning that's geared toward their weaknesses, their current options and their future probabilities. Here, two certified financial planners (CFPs) tell them the best way to save for what they want.

Denise and John Schaeffer

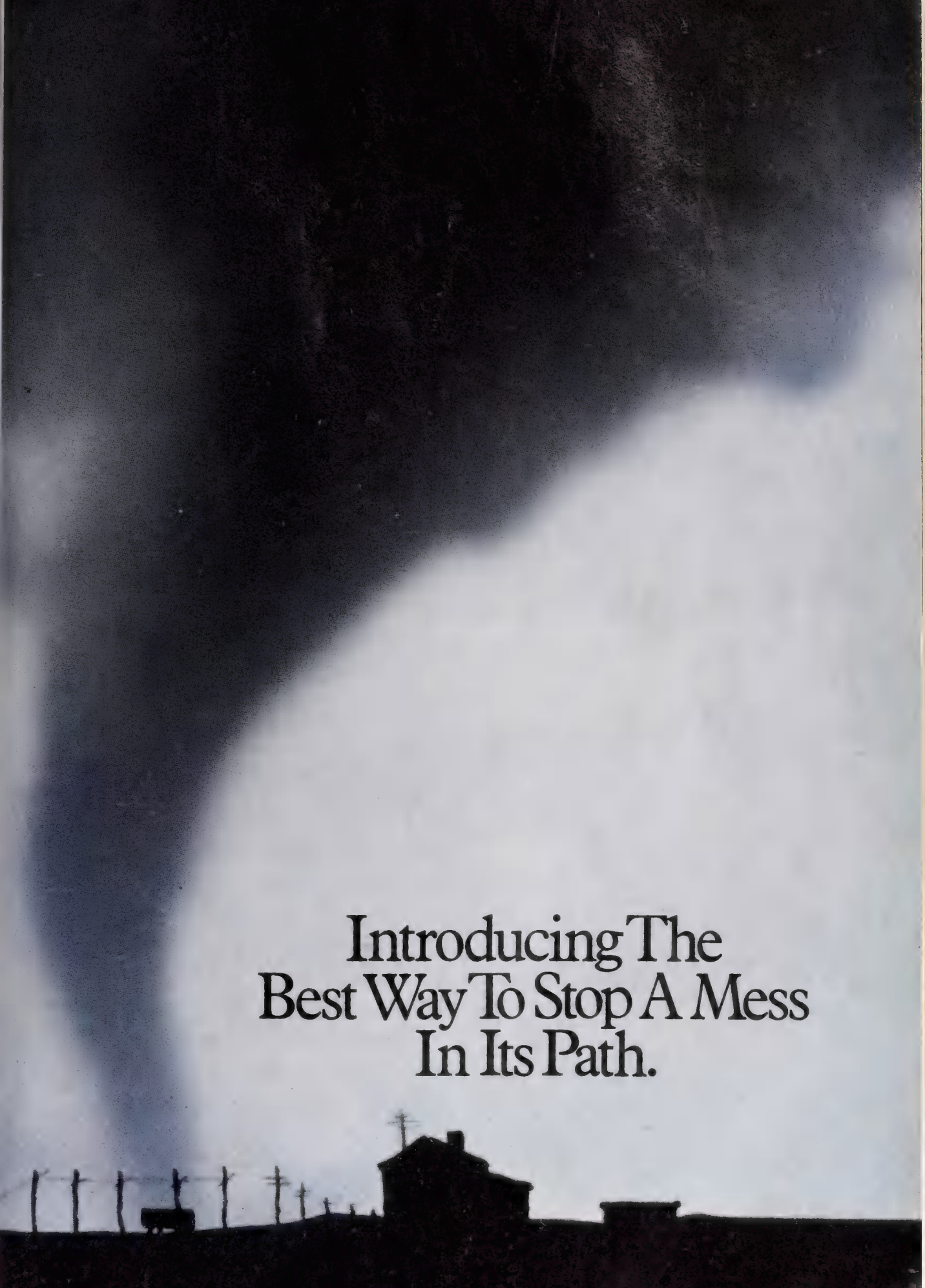
West Dundee, Illinois

Saving for a first home

Denise and John recently took a hard look at their modest triplex apartment and didn't like what they saw: The backyard is tiny, the master bedroom is almost consumed by their waterbed, and they aren't allowed to have pets. Even more important, as tenants they are simply paying rent without getting any return on their money.

"We're just tired of throwing $525 down the drain every month," explains John, twenty-seven, a collections agent for the Illinois Employee Benefits Corporation. "We want a space that's ours," adds Denise, a twenty-six-year-old travel agent who works for American Express Travel-Related Services.

The couple, *(continued on page 55)*


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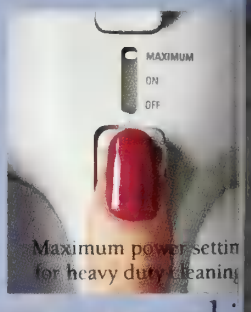
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In addition to being more powerful, it has an extra heavy duty power setting that delivers a surge in cleaning strength when you need i

What's more, the PowerPro not only picks up dry messes, it picks up w spills, too, like coffee, tea or milk. It can even gobble up a bowl of cereal.

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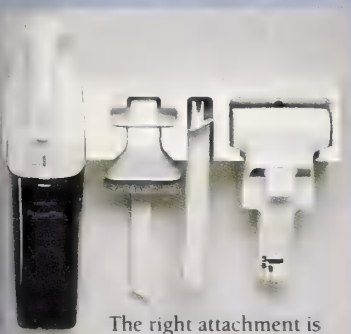


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HOW TO SAVE FOR WHAT YOU WANT

continued from page 50

who have been married for two years and whose combined annual income totals $40,500, wonder if their careers have matured faster than their spending habits. John's idea of saving is to tuck $50 from his weekly paycheck into his wallet and, if the money is still around at the end of the week, to stash it in a dresser drawer. Rarely does the money see the inside of a bank. Meanwhile, through automatic monthly payroll deductions of $56, Denise has established a long-term savings fund, 3 percent of which is matched by her employer. But she realizes her money isn't growing fast enough.

To date, the Schaeffers have amassed only $2,000 in savings while running up a $5,000 credit-card balance. Like many young couples, they're still haunted by the cost of setting up their household: $700 for a china set, $450 in new living-room furniture. "We try to buy only the things we need," says Denise. "But the money just seems to disappear."

In fact, they aren't really extravagant consumers; they shop at budget department stores like K mart and eat at Pizza Hut rather than fancy restaurants. Yet with eight credit cards between them, their urge to splurge often wins out. On more than one occasion, they've stopped carrying their cards altogether to halt their spending.

The Schaeffers know they have to get their finances in order before they can buy a home. They plan to start a family in a few years, and the kind of home they're considering—a two-story, four-bedroom model—costs about $120,000 and will require a down payment of $12,000, a figure that the Schaeffers hope to raise in the next three years by channeling more of their paychecks into savings. They've vowed to cut up some of their credit cards, and they've already begun cutting back on movies, lottery tickets, restaurant meals and unnecessary weekend shopping. As Denise puts it, "We're constantly asking ourselves, 'Do we really have to have this?' "

Old spending habits die hard, however. When the weather turns warm, the Schaeffers take weekly trips to the lakeside cottage Denise's family owns. These getaways inevitably cost about $60 in groceries and gasoline. But for Denise and John, giving up those trips is out of the question—even if it would mean buying their dream house a little sooner. "Neither of us wants to cut that out," says Denise. "But we know there's not much else to give up." For the Schaeffers, like other couples their age, sacrificing for savings is easier said than done.

ANNUAL HOUSEHOLD INCOME
Gross: $40,500
Net: $30,350

FIXED MONTHLY EXPENSES
Rent: $525
Utilities: $75
Car payments: $565
Food: $300
Clothes: $100
Entertainment/ miscellaneous: $400
Credit-card balances: $400
Insurance: $110
Annual total: $29,700

ASSETS
Savings: $2,000

The expert's advice

"The Schaeffers are typical of many young people who don't yet have a good handle on saving money," says Victoria Ross, a certified financial planner with IDS Financial Services, in Arlington Heights, Illinois. In particular, she cites the couple's $5,000 credit-card debt and their low $2,000 savings account. Accordingly, she advises them to set up a house fund and target 10 percent of their net income each year—$3,050—toward the down payment. Taking into account their tendency to spend whatever they have in their pockets, Ross also suggests automatic checking-account deductions for the home fund. The Schaeffers should *(continued)*

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start by contributing a total of $200 each month to money market accounts that pay 9 percent interest. After a yea of building up their savings, they should diversify by pla ing an additional $100 monthly into low-risk mutua funds. In another year, with their expected raises at worl they could buy one-year certificates of deposit, which cu rently pay 8 to 10 percent.

Within three years, the Schaeffers should be able to sav enough for the $12,000 down payment—but they'll nee some fiscal fortitude, Ross says.

The couple's response

"Basically, we agree with all her suggestions," says Joh noting that he and Denise have begun cutting back o incidental expenses. To pay off their credit-card balanc the couple plan to take out a bank loan at 12 percer interest and to stop using their cards. They also liked th suggestion for building a house fund with automatic dedu tions from their checking account.

Jane and Jeff Gould

Baton Rouge, Louisiana

An education in saving

For the Goulds, their children's college education was priority from the start. The couple both have master degrees—his in business administration, hers in school ar community health—and they anticipate that Tommy, si and Lindsey, three, will eventually go on to gradua school. "In the future, they'll need advanced diplomas open doors," says Jeff, an intense thirty-four-year-old.

Fortunately, the Goulds, whose income totals $58,0 annually, might be classified as compulsive savers. "O philosophy is, 'If you don't have it, don't spend it,' " sa Jane. Accordingly, the couple owe nothing on their cred cards, and they try to save a quarter of their net incon every month, although much is already designated f moving into a larger home. The Goulds' current residenc an airy three-bedroom house bought for $65,900 in 198 has lost value in the local housing market, which has be depressed by the weakened oil industry. Still, the coup make additional payments on their home mortgage—abo $700 rather than the $530 due monthly—in order to shri their long-term debt.

Since their college graduation, the couple's careers ha been on an upward curve. Jeff went from manageme trainee to vice-president at a local savings bank in und five years, nearly doubling his salary in the process. At t same time, Jane, a dietitian with a local public sch system, has had a salary increase of about 30 percer Despite these gains, the Goulds maintain a thrifty li style, avoiding designer clothes and status cars.

The Goulds attribute their economical ways to traditic al family values. Hardworking and deeply religious they're both Southern Baptists—they spend Wednesd nights at a Bible study class and reduce their entertai ment expenses by avoiding drinking, smoking and movi

Because they want Tommy and Lindsey to have a stro religious education, the Goulds have decided to send th children to parochial institutions. Though that w amount to almost $6,000 a year in tuition, Jeff and Ja are adamant about their decision—"even if we have borrow money to do it," says Jeff. Currently, they p about $4,500 a year for the kids' private day-care cente

With an eye to their long-term objectives, the Goul have already begun plowing money into their investme portfolio. Jeff automatically diverts 10 percent of his pa check to a retirement savings plan at work that invests

dependable CDs, mutual funds and bank stock–with the bank matching part of his contributions. They have accumulated $30,000 in their savings account and another $27,000 toward retirement.

Still, the Goulds aren't convinced that their current savings pattern will buy their children the college education they'll need, especially when they take on added payments for a larger house that's expected to cost at least $150,000. "We need advice," Jeff says, "on how to balance what we need for college with our other objectives."

ANNUAL HOUSEHOLD INCOME
Gross: $58,000
Net: $43,700

FIXED MONTHLY EXPENSES
Mortgage: $700
Utilities: $100
Car maintenance: $150
Food: $400
Clothes: $325
Entertainment/travel/ miscellaneous: $500
Life/auto insurance: $150
Child care: $375
Annual total: $32,400

ASSETS
Home: $55,900
Savings: $30,000
IRAs: $13,225
Company savings/stock plan: $13,000
Company stock: $4,000

The expert's advice

"You have to admire the Goulds' tremendous savings mentality," says Bill Peters, president of Peters Financial Services, in Baton Rouge. But he cautions that none of their savings are specifically directed to college.

Assuming an annual inflation rate of 8 percent—college costs rise slightly faster than the consumer price index—Peters calculates that a college with a $6,000-a-year tuition will cost the Goulds $85,765 to educate Lindsey and $95,730 to educate Tommy (the couple anticipate that their son may, like Jeff, take time off to work and finish college in five years).

The first step in avoiding "academic sticker shock," says Peters, is to establish a college fund distinct from their other savings accounts. The Goulds should contribute $570 a month for the college fund, which won't be too difficult given the family's current savings habits. Peters advises the Goulds to take the extra $170 they're now using to prepay their mortgage and apply it to their college fund. "Why reduce your mortgage when property values are dropping and you won't get your money back when you sell?" he asks.

For a long-term college fund, Peters steers couples toward different kinds of investments as their children grow up. Before the kids turn fourteen, couples should concentrate on long-term growth investments like low-risk mutual funds. After age fourteen, Peters recommends fixed-income investments like CDs and series EE savings bonds.

By designating a college fund as part of their savings strategy, young couples like the Goulds will be able to manage tuition in the year 2000. "They already know how to save," says Peters. "They just have to be more goal-oriented toward college."

The couple's response

The Goulds intend to follow Peters's recommendation to set up a college fund and invest in series EE savings bonds. But Jeff's concerned that by investing in mutual funds, he may be placing his principal at risk. Far better, he thinks, to invest in short-term government securities. "I may not have as high a yield, but I also won't have to risk my children's future," Jeff says. "I haven't forgotten the October 1987 stock crash." ■

Michael Weiss, a contributing editor of Ladies' Home Journal, is the author of "The Clustering of America" (Harper & Row, 1988).

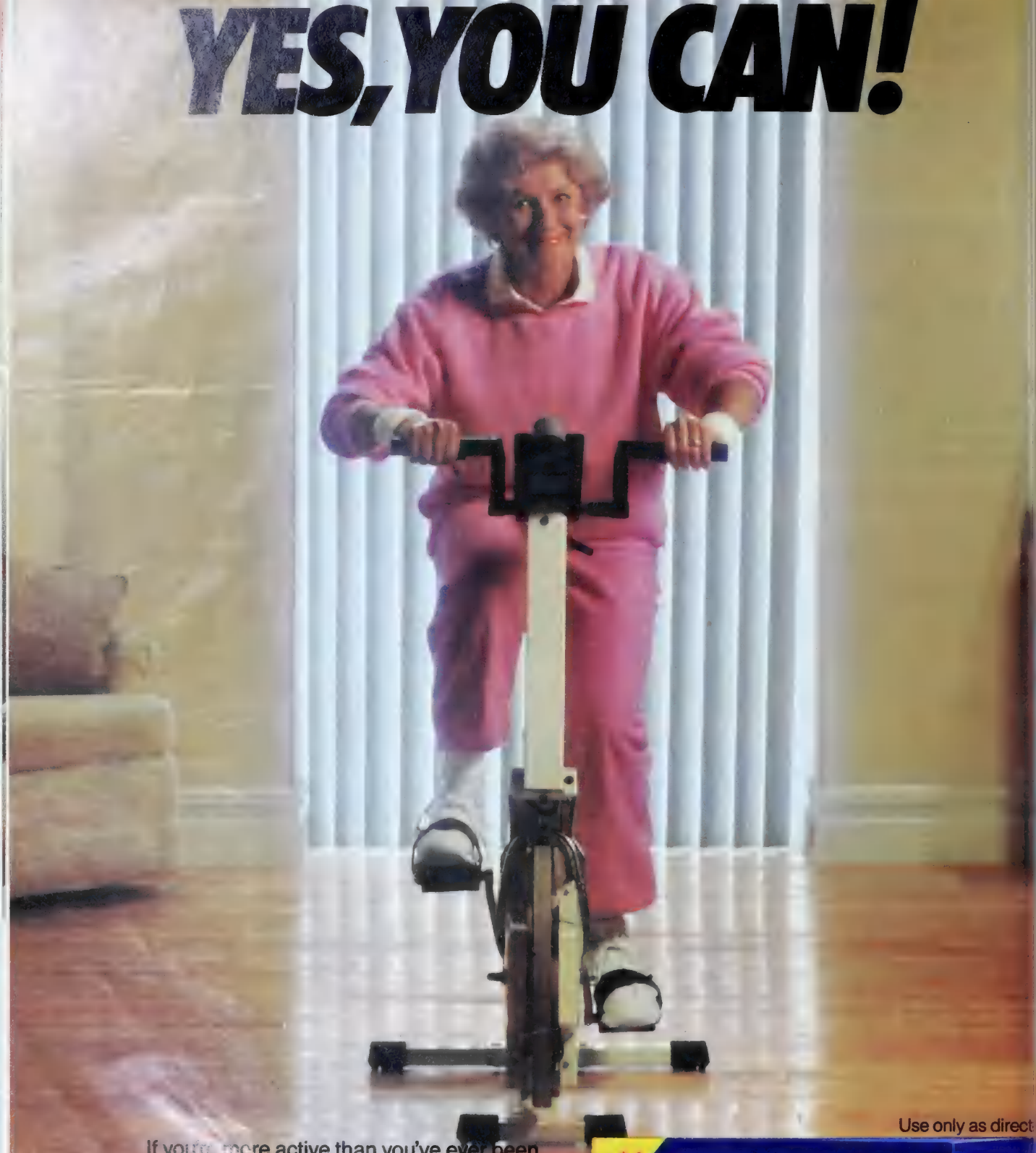


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special report

Women AND HEART DISEASE

Do you assume only stressed-out male executives die of heart attacks? If so, you're wrong. Heart disease is an equal-opportunity killer, taking the lives of more than 200,000 women each year. LHJ and the American Heart Association tell what you must know. Bonus: heart-healthy recipes

the facts that can save your life

By Joan Lippert

Thirty-five-year-old Jodi Rothstein, a legal assistant from Beverly Hills, began having excruciating chest pains on February 10, 1987, but tried desperately to deny that she might be having a heart attack. Although several close relatives had suffered attacks, Jodi tried to reassure herself. I'm too young, she thought, I've got two little kids. And besides—I'm a woman! Home alone with her children, Jodi phoned her mother and asked her to bring over some antacid for her "heartburn." It didn't help. When her husband returned several hours later, an extremely frightened Jodi greeted him with a shocking request: "Take me to the hospital. I think I'm having a heart attack."

Jodi was having a heart attack, and she has plenty of company. Each year, more than half a million American women undergo this terrifying experience. Half of them die. Yet too many females share Jodi's feeling of invulnerability. Heart attack is the number-one killer of women as well as men in this country.

True, men are more than twice as likely to suffer attacks. But more women will die from their first attack. There are several reasons for this. Sixty percent of all fatal heart attacks kill within the first hour, and incredulous women like Jodi may delay getting help until it's too late. Then, too, women tend to have their first attack later in life than men, when they may be more fragile. Before menopause, doctors believe, women may be protected to some extent by the hormone estrogen, which seems to inhibit atherosclerosis, or hardening of the arteries. After a woman's periods cease, however, her heart-attack risk rises dramatically.

Moreover, women's heart-disease death rates are not dropping as quickly as are men's. Male death rates *(continued)*

Women AND HEART DISEASE

(continued) from heart attack declined nearly 23 percent between 1979 and 1986, during which time female death rates dropped only 17 percent. Doctors believe women's smoking habits and relative lack of exercise may be partly to blame. Regular workouts have been shown to reduce heart-attack risk, and women—up until age sixty—tend to exercise less and gain more weight than their male peers, according to Deborah Wingard, Ph.D., associate professor of epidemiology, University of California at San Diego.

More problematic is the fact that women aren't giving up their cigarettes at the same rate as men. Between 1965 and 1987, male smoking rates dropped 18 percent, while female rates declined only 5 percent. "If there are ever more women smokers than men, heart attack *will* be a women's disease," predicts Bernadine Healy, M.D., immediate past president of the American Heart Association (AHA).

Be reassured, however, that researchers are making progress in conquering heart disease, and there's a lot you can do to protect yourself. In this major collaboration with the AHA, *Ladies' Home Journal* will help dispel any lingering doubts about *your* heart-attack risk, and supply you with the facts that could one day save your life.

WHICH TEST WHEN? THESE TESTS CAN HELP YOU KEEP TABS ON YOUR HEART HEALTH

Age	*Blood pressure	Blood lipids	EKG
20	✓	✓	✓
25, 30, 35	✓	✓	
40	✓	✓	✓
45, 50, 55	✓	✓	
60	✓	✓	✓
61–75 (every 2½ years)	✓	optional	optional
75+	✓	optional	optional

*Blood pressure should be checked every 2½ years for those with normal readings.



CASE HISTORY #1
"I was a prime target for heart disease"

Olive Johnson, a forty-one-year-old postal clerk from Detroit, put her mother's death from a heart attack at age fifty-two out of her mind. She also soft-pedaled the danger of her own cigarette habit. Olive enjoyed preparing tasty barbecue and macaroni and cheese for her husband and three children. A hearty eater, she'd pushed her own weight up to 148—more than ten pounds too much for her five-foot-four-inch frame.

After becoming a mail carrier in 1985, Olive noticed she frequently felt out of breath. She stopped smoking, but one morning as she was getting ready for work, she developed chest pains. "I sat down thinking they'd go away, but instead, they got worse," she remembers.

Olive's son drove her to the hospital. There, doctors did some tests, which revealed that she was not having a heart attack—this time. However, she was suffering from angina. In addition, her blood cholesterol was a shocking 390.

To prevent a full-blown heart attack, Olive is now taking beta-blockers and cholesterol-lowering drugs. And since her doctors say carrying mail is too strenuous for her, Olive has an office job and exercises by walking her puppy. That, plus some calorie-cutting, has helped her lose twenty-three pounds. "I still like heavy soul food," Olive admits, "but I'm more into stir-fried now."

CAUSES AND SYMPTOMS

- ***"I had this terrible pain that started right behind my ear and went all the way down my neck."***
- ***"My arm hurt so much it woke me up—I thought it was arthritis."***
- ***"I had a pain in my back, my chest hurt on and off, and I felt kind of sick."***

Although heart attacks occur swiftly—often seemingly without warning—they are the culmination of problems that have developed over many years. The most common cause is atherosclerosis, a slow buildup of blockages called plaques—made up of cholesterol, calcium and other debris—along inner artery *(continued on page 66)*



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THE PANDA



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is rare portrait—the result of naturalist-artist ll Nelson's journey to the giant panda preserve in e rugged mountains of Szechwan, China—gives us unique look at this lovable creature before she's st to our lives forever. And it awakens us to Nature's nders that yet abound: wonders that are ours to eserve or destroy.

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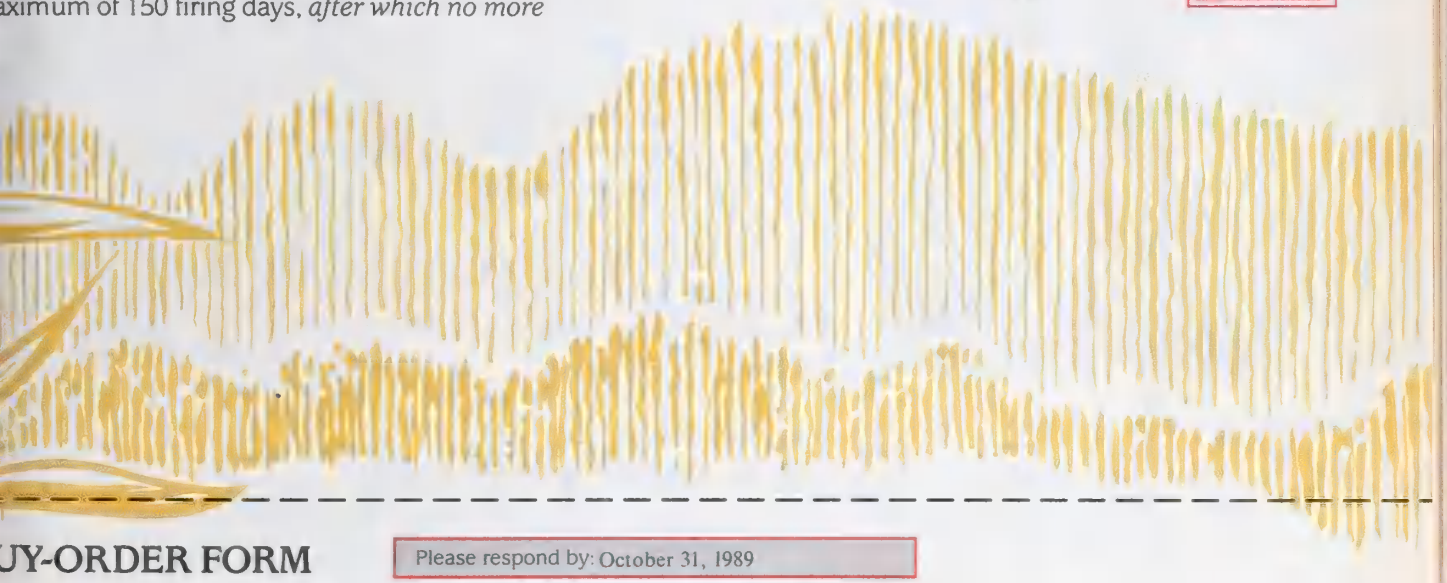
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PAG-262M

Women AND HEART DISEASE

(continued from page 60) walls. Other, rare causes of heart attack include spasms or embolisms—air bubbles, bits of tissue or other foreign objects—that block blood flow to the coronary arteries, says Dr. Healy.

In any case, arteries become like clogged pipes, hampering blood flow to the heart. Sometimes, the narrowed coronary arteries cause repeated, cramping chest pain, but not a heart attack. This condition is called angina, and it's a sign that you're at risk. Some people live with angina for years. An actual heart attack—called a myocardial infarction—occurs when a blood clot forms on top of a plaque in a coronary artery, cutting off the heart's supply of oxygen-filled blood, which it needs to survive. (Strokes occur when clots block blood flow to the brain; an additional 228,000 women and 272,000 men suffer strokes each year.)

Often, heart attacks occur in the morning, although doctors don't yet completely understand why.

The symptoms of heart attack are as varied as its victims, but the key clue is a feeling of pressure and squeezing or pain somewhere in the *center* of the chest that spreads to the shoulders, jaw, arm or back and lasts at least two minutes. Other symptoms often include dizziness, fainting, sweating, nausea, shortness of breath and a sense of impending doom. Not all warning signs occur in every attack.

If you experience one or more of these symptoms, don't deny the situation, as many people do. Call an ambulance promptly, or ask someone to take you to a hospital emergency room—fast.

How likely are *you* to become a heart-attack victim? Take the quiz on the next page to assess your personal risk, then read on to learn more about how to minimize the danger.

RISKY BUSINESS

Although heart attacks strike all manner of women, some are more likely to succumb than others. While having one or more risk factors doesn't mean you'll definitely have a heart attack, knowing the risks can help you stay healthy. The key is to do something about your controllable risk factors.

Uncontrollable risks

● **AGE** According to the AHA, almost 73 percent of women who have heart attacks are sixty-five or older; only 27 percent are forty-five to sixty-four. Fewer than 1 percent are between twenty-nine and forty-four.

● **GENDER** After menopause a woman's heart-attack risk rises significantly.

● **HEREDITY** If one or both of your parents had heart attacks, you're more likely to develop one yourself. If a parent suffered a fatal heart attack before age sixty-one, your chance of the same occurrence is five times greater than those of other women. If a parent's attack was not fatal, your risk is 2.8 times greater than normal.

● **RACE** Black women are about 1.2 times as likely to die of a heart attack as white women. This may be partly because blacks have higher overall rates of high blood pressure and other risk factors than whites; doctors aren't sure why.

Controllable risks

● **SMOKING** This is the *most* important controllable risk factor for heart attack. Studies show that smoking (continued on page 70)



Photo, Thom DeSanto; prop stylist, Debrah Donahue.

Sautéed greens

Good nutrition and good taste—all in one dish. This cooking method leaves the greens tender-crisp, and the garlic and onions add great flavor.

Prep time: 10 minutes
Cooking time: 10 minutes

1 bunch collard greens* (about ¾ lb.), rinsed, stems removed and coarsely shredded
⅓ medium head cabbage, coarsely shredded
2 tablespoons olive oil
1 garlic clove, minced
1 medium onion, quartered and sliced
1 to 2 teaspoons rice vinegar (optional)

Bring 3 quarts water to boil in large saucepan. Add collard greens, return to boil and cook until greens are tender-crisp, about 3 to 4 minutes. Transfer with slotted spoon to colander and set aside.

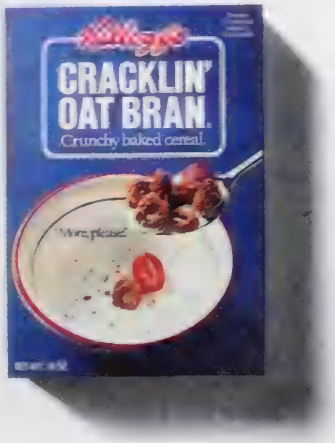
Return water to boil, add cabbage and cook 1 minute. Pour into colander, drain and set aside.

Heat olive oil in large skillet over medium-high heat. Add garlic and onion and cook until translucent, 3 to 4 minutes. Add greens and cabbage and cook, stirring occasionally, 2 to 3 minutes. Add vinegar. Toss and serve immediately. Makes 6 servings.

***Note:* If you can't find collard greens, just about any of the dark-green leafy vegetables will be delicious. Try kale, mustard greens or broccoli rabe.**

Nutrition info per serving: 60 calories, 1 gm protein, 5 gm fat, 5 gm carbohydrates, 16 mg sodium, 0 mg cholesterol.

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Women AND HEART DISEASE

FOR WOMEN ONLY: What's your risk of heart attack?

TO FIND OUT *YOUR* HEART-ATTACK RISK, CIRCLE THE ANSWERS THAT BEST APPLY.

Age	I am 50 years old or less.	I am between 50 and 60.	I am 60 or older.
Family history	Neither of my parents has ever had a heart attack.	A parent had a heart attack at age 61 or older.	A parent had a heart attack at age 60 or younger.
Oophorectomy	I have not had an oophorectomy (removal of ovaries).	I had an oophorectomy at age 35 or later.	I had an oophorectomy at or before age 35.
Menopausal status	I am premenopausal.	I am less than 10 years postmenopausal.	I have been postmenopausal for 10 years or more.
Smoking	I don't smoke cigarettes, or I stopped smoking cigarettes more than one year ago.	I smoke 1-4 cigarettes a day.	I smoke more than 4 cigarettes a day.
Oral contraceptives	I don't use oral contraceptives, or stopped using them more than 1 year ago.	I use oral contraceptives.	I use oral contraceptives and smoke.
Blood cholesterol	My total cholesterol is less than 200.	My total cholesterol is between 200 and 240.	My total cholesterol is more than 240.
Blood pressure	My systolic pressure (top number) is less than 140.	My systolic pressure is between 140 and 160.	My systolic pressure is more than 160.
	My diastolic pressure (bottom number) is less than 90.	My diastolic pressure is between 90 and 95.	My diastolic pressure is more than 95.
Estrogens	I am postmenopausal, and I take estrogens.	I took estrogens for the first 10 years after menopause, then stopped.	I never took estrogens after menopause.
Weight	I am at or below ideal body weight for my age and my body type.	I am 10 percent or less over ideal body weight for my age and my body type.	I am more than 10 percent over ideal body weight for my age and my body type.
Activity level	I exercise aerobically three or more times a week.	I exercise sporadically but am somewhat physically active.	I am almost or completely sedentary.
Blood sugar	My fasting blood sugar level is less than 90.	My fasting blood sugar level is between 90 and 140.	My fasting blood sugar level is more than 140.
Total each column:	_____	_____	_____
	LOWEST RISK	**MODERATE RISK**	**HIGHEST RISK**

TO SCORE: COUNT THE NUMBER OF ITEMS YOU CIRCLED IN EACH COLUMN.

● If most of your answers fall into the high-risk or moderate-risk categories, see your physician or primary health-care provider, who can help you begin to change your risk factors. ● If you circled most or all items in the lowest-risk column only, your risk of heart disease is relatively low, but don't consider yourself immune. Take good care of yourself and be sure to see your physician regularly.

Thanks to Charles H. Hennekens, M.D., and Julie Buring, Sc.D., of the Harvard Medical School

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Women AND HEART DISEASE

(continued from page 66) even one to four cigarettes daily doubles the risk; smoking more than twenty-five a day raises it five to fifteen times. Cigarettes are hazardous to your heart because smoking lowers levels of heart-protecting HDL cholesterol and estrogen in the bloodstream.

If you smoke and take birth-control pills, your heart-attack risk rises fifty times. Researchers say oral contraceptives aggravate other, pre-existing risk factors, including high blood cholesterol and high blood pressure, and increase the likelihood of blood clots. But this doesn't necessarily mean you should go off the Pill, says Charles H. Hennekens, M.D., an epidemiologist at Harvard Medical School. Quitting smoking is a wiser move, he explains, because risks posed by cigarettes are much worse than those posed by the Pill.

When you quit smoking altogether, your risk of heart attack drops by about half within a few months. A year after quitting a pack-a-day habit, your death risk from heart attack will be about the same as that of someone who never smoked.

● **HIGH BLOOD PRESSURE** Hypertension—a common disorder in which blood vessels become thickened and resistant to blood flow—raises your risk of heart attack three to five times. If your systolic measurement (the top number) is more than 140, or if your diastolic (bottom) number is more than 90, you have high blood pressure. Exercise can help control the problem, as can reducing consumption of sodium and alcohol.

● **HIGH BLOOD CHOLESTEROL** Cholesterol—a soft, fatlike substance present in every cell of the body—is especially damaging to artery walls. Your liver produces some of it, and the food you eat contributes more.

How does cholesterol do its damage? Normally, it moves through the bloodstream combined with protein molecules; these are called lipoproteins. There are two main kinds: low-density lipoproteins (LDLs, or "bad" cholesterol) and high-density lipoproteins (HDLs, or "good" cholesterol). Elevated levels of LDL cholesterol are potentially harmful because they tend to be deposited on artery walls. HDLs *remove* cholesterol from the blood and return it to the liver for elimination.

A blood-cholesterol test can tell you a lot about your heart's health. A total cholesterol level below 200 milligrams per deciliter of blood (mg/dl) means your risk of heart disease is relatively low. A level over 240 doubles your risk. Ideally, your HDL level should be over 45 mg/dl. According to the famous Framingham Heart Study—in which researchers have been monitoring the health of residents of Framingham, Massachusetts, since 1948—a person whose HDL level is lower than 35 has twice the heart-disease risk as one whose HDL is 45.

What you eat can directly affect the blood's ratio of "bad" and "good" cholesterol. The recipes throughout this section are designed to help—they're low in fat and cholesterol. The AHA recommends exercising and cutting fat in your diet to less than 30 percent of total calories to reduce LDLs. *(continued)*



Photo, Thom DeSanto; prop stylist, Debrah Donahue.

Cocoa-almond bars

Light meringues that are crispy on the outside and chewy on the inside.

Prep time: 15 minutes
Baking time: 20 minutes

Vegetable cooking spray
2 large egg whites
⅛ teaspoon cream of tartar
¾ cup sugar
3 tablespoons unsweetened cocoa powder
½ teaspoon vanilla extract
¼ cup ground almonds

Preheat oven to 275°F. Line 2 large cookie sheets with wax paper, then spray lightly with vegetable cooking spray.

In a large bowl beat egg whites and cream of tartar to stiff peaks. Add sugar 1 tablespoon at a time, beating well after each addition. Add cocoa and vanilla; beat well to blend. Fold in almonds.

Fill pastry bag fitted with 1-inch ribbon tip or ½-inch star tip; fill with meringue. Pipe 4-inch bands of meringue onto prepared cookie sheets. (Or drop meringue by tablespoonfuls onto prepared cookie sheets.) Bake 20 minutes or until meringues are crisp on the outside. Cool on cookie sheet on wire rack 10 minutes. Remove meringues from wax paper while warm and cool on wire rack. Store in airtight container. Makes 32. ■

Nutrition info per serving: 25 calories, 0 gm protein, 1 gm fat, 5 gm carbohydrates, 4 mg sodium, 0 mg cholesterol.

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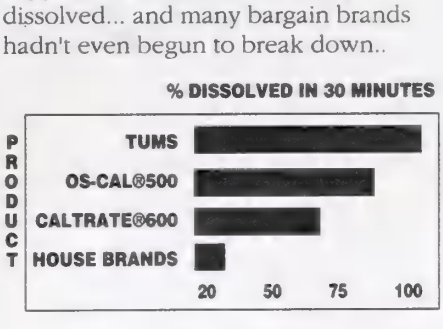
Ask your own doctor about Tums for calcium. Thousands of doctors now regularly recommend Tums as an economical calcium source. They are aware of the advantages of calcium carbonate, and the medical articles comparing Tums and other calcium supplement products. The makers of Tums have been major sponsors of calcium research projects which have not only revealed calcium's critical role in helping to build strong bones and in preventing osteoporosis, but which are pointing to other potentially important benefits as well.

3. Tums is ideal for a calcium regimen.

Medical research has shown that the most beneficial way to supplement a diet with calcium is by spreading the recommended intake throughout the day, preferably with meals. Tums can be taken in smaller, divided doses for better absorption versus taking calcium in one lump sum. Each regular Tums tablet contains 200 mg. of calcium. Each Tums E-X tablet contains 300 mg. One tablet after each meal provides the additional calcium women need to meet their daily requirements. And portable Tums offers the flexibility of easily varying your dosage depending on your dietary calcium intake.

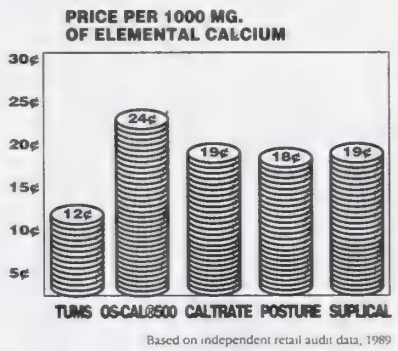
4. Tums calcium dissolves better.

Any doctor will tell you that unless calcium is completely dissolved before it leaves your stomach, it's not delivering the maximum benefit to your body. A study published in American Pharmacy, the journal of the American Pharmaceutical Association reported on the dissolution rates of the leading calcium supplement products. While most of the major brands passed the test, only Tums tablets were completely dissolved at the end of the 30 minute test period. The other leading supplements were only partially dissolved... and many bargain brands hadn't even begun to break down..



5. Tums is less expensive.

Tums costs less than many of the leading calcium supplements. Tums even costs less than some bargain brands – many of which are not pure calcium carbonate, and which do not dissolve in your stomach as effectively as Tums. If you're on a daily calcium regimen, the money you save on Tums can add up quickly. But that, of course, is just a side benefit to the real reasons why you should buy Tums for calcium. Tums is the best calcium you can get, it's recommended by thousands of doctors, it dissolves faster, it's ideal for any calcium regimen.



Based on independent retail audit data, 1989

Calcium Bulletin: New Findings

Continuing calcium research indicates that the need for calcium may go far beyond its role in helping to build strong bones and preventing osteoporosis. Several published medical studies suggest new uses for calcium carbonate, including a possible tie to cholesterol reduction. Tums will continue to support evaluation and investigation of calcium carbonate's role in cholesterol metabolism and the effects on cancer cells. Meanwhile, ask your doctor about the benefits of calcium.



Tums is calcium.

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(continued) ● **OBESITY** If you are 30 percent or more above your ideal weight, you're courting several problems: In addition to straining your heart by increasing blood pressure, this degree of obesity raises blood cholesterol and may heighten your chances of developing diabetes. (The reason is unknown, but diabetic women have greatly reduced HDL levels compared with nondiabetics and men.) A woman who's heavy around the middle—the typical male weight-gain pattern—has a higher risk of heart disease than someone whose extra pounds give her a pear-shaped figure. Another way to say this is that your waist measurement should be no more than 80 percent of your hip measurement.

● **SEDENTARY LIFESTYLE** Exercise helps you lose weight, increases HDL levels and lowers triglycerides (a blood fat). Some experts say the higher your triglycerides, the higher your heart-attack risk.

● **HOSTILITY** In the 1960s and '70s, a well-known cardiologist, Meyer Friedman, theorized that people with what he called Type A personalities—hostile, competitive, time-pressured people—were more prone to heart disease than more relaxed personalities, whom he called Type B. Though many researchers have since dismissed competitiveness and time-pressure as risk factors by themselves, hostility—especially a cynical mistrust of other people, combined with frequent angry feelings or outbursts—is still thought to be harmful.

Hostile people are the kind who get upset while waiting in line, even if they're not in a hurry, says Redford Williams, M.D., director of the Behavioral Medicine Research Center at Duke University, in Durham, North Carolina, and author of *The Trusting Heart* (Times Books, 1989). At the supermarket, they may count the items of the person ahead of them in the express lane. If that shopper has too many items, a hostile person is likely to get angry and say something like "Hey, you've got too many items, you can't be in this lane!"

Between 15 and 20 percent of women show this kind of hostility, compared with 25 to 30 percent of men, says Williams.

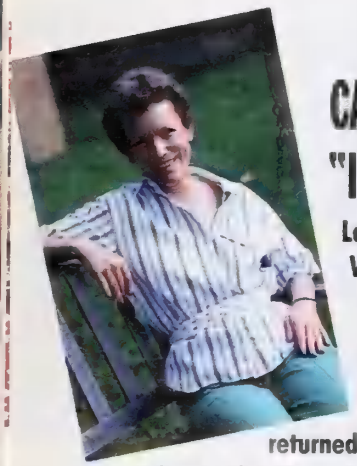
The result of hostility can be high blood pressure and subsequent arterial damage. Research conducted by Williams revealed that fully 40 percent of hostile women showed significant heart blockages while only 20 percent of nonhostile women did. To determine whether you are a hostile person, imagine yourself in the following situations and choose your probable response to each ("never," "sometimes," "often," or "always").

1. When other people do things that delay me or prevent me from doing something, I begin to think they are selfish, mean or inconsiderate.

2. When people do something I consider incompetent or selfish, I quickly start to feel angry, frustrated, even enraged. At the same time, my heart starts pounding, my palms sweat and I have trouble breathing.

3. When I experience anger and the body sensations that go with it, I'm likely to express my rage to the person who made me feel this way—through words, gestures or facial expressions.

If you answered "often" or "always" to at (continued)



CASE HISTORY #2

"I only smoked one pack a day"

Last year, on the day after Thanksgiving, Beth Walker was playing a board game with her mother when she started to feel tingling pains in her chest. "I said, 'I don't feel so good, I'm going to lie down,' " recalls the forty-nine-year-old Dallas secretary. Although the pain went away, it soon returned and continued sporadically. She continued to tolerate the discomfort until, a few days later, a severe pain awakened her before dawn. She went to work but soon had to return home. Finally, Beth's husband took her to Baylor Hospital. Later, Beth learned she was lucky just to be alive. "Someone who has such a massive heart attack normally doesn't live twenty-four hours," she says.

"I'm very small—five feet tall, one hundred pounds. I never had a weight problem, never bothered about exercise or diet. And even though I smoked, my blood pressure was low. The idea of having a heart attack never occurred to me. Besides," she adds, "all the heart problems in my family were in much older people."

Today, Beth has quit cigarettes, cut way back on fried foods and ice cream, and started exercising. "My cholesterol's 180," she says proudly.

Now that she's feeling better, Beth has some advice for other women: Stop smoking—now. "You think it's not doing you any harm. I didn't smoke that much . . . just a pack a day."

Holly Kuper



"My doctor said to start exercising and stick to a diet low in saturated fat. Then he told me that clinical studies proved that by replacing some of those saturated fats with Mazola I could cut my cholesterol level even more. And not just 'cause Mazola has no cholesterol, but because the pure Mazola corn oil helps get cholesterol down. Naturally I was skeptical.

"Until I tried it. After just a month or so of a healthy diet with Mazola, my cholesterol went from 225 to 187. It backed off 17%.* Which is great by me."



*Average from a clinical study. Individual levels may vary. For a summary and more information on healthy eating, write: Mazola, Dept. 89, Box 307, Coventry, CT 06238.

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TOGETHER WE'RE BEATING CHOLESTEROL.

(continued) least two of the above situations, your hostility level may be putting you at a higher risk of health problems—including heart attack.

● **STRESS** As more and more women have entered the work force, many have wondered if the increased stress is hazardous to their hearts. Research has so far been inconclusive.

However, experts point out that human beings experience stress in different ways. A job change or relocation may exhaust one woman and exhilarate another.

When women in the Framingham Heart Study moved through the job ranks from clerical positions in which they had little control over their work to positions with more control, they had lower rates of heart disease. This suggests that as women climb the job ladder their heart-disease rate may drop as quickly as men's, says epidemiologist Elizabeth Barrett-Connor, M.D., chairperson and professor of the Department of Community and Family Medicine at the University of California, San Diego.

WHEN AN ATTACK OCCURS

As doctors are learning more about heart attacks, they are also focusing on better ways to treat victims. In the 1950s, a person who made it to the hospital had a 70 percent chance of surviving. Now the chances are about 90 percent, says John A. Paraskos, M.D., chair of the AHA's committee on emergency cardiac care.

When a patient arrives at the hospital, doctors do a preliminary exam and perform an electrocardiogram to measure the heart's electrical activity and see whether the patient is actually having an attack. If necessary, they perform thrombolysis—injections of streptokinase or tissue plasminogen activator (also known as TPA). These drugs can dissolve the blood clots, or thrombi, that catch in narrowed arteries and cause heart attacks. If a patient undergoes thrombolysis within three or four hours of a heart attack, her chances of surviving rise dramatically.

During the critical hours after a heart attack, doctors may decide to try balloon angioplasty, technically known as percutaneous transluminal coronary angioplasty (PTCA). In this procedure—which may, if necessary, be performed in the weeks following an attack—a cardiologist using an angiogram (an X-ray picture of the blood vessels) guides a tiny balloon-tipped tube through the arteries to the site of the plaque. When the balloon is in place, it is inflated, crushing the plaque against the artery wall and creating a wider channel for blood. Coronary angioplasty is usually done on patients who have a single blocked vessel.

For other patients—often, those with more than one blockage—doctors may perform coronary artery bypass surgery, either immediately or in the weeks following an attack. Using vessels from another part of the body—usually the leg or chest—the surgeon constructs detours, or bypasses, around blockages in coronary arteries, thereby enabling more blood to *(continued)*



Photo, Thom DeSanto; prop stylist, Debrah Donahue.

Mexican beef and cornbread pie

A blend of the South and South-of-the-Border.

Prep time: 30 minutes
Baking time: 30 to 40 minutes

1 pound very lean ground sirloin
1 large onion, chopped
2 large tomatoes, chopped
1 package (10 oz.) frozen whole-kernel corn
1 large green pepper, chopped
1 teaspoon *each* cumin and chili powder
½ teaspoon salt (optional)
1 tablespoon Worcestershire sauce
1 cup reduced-sodium chicken or beef broth

Topping
1½ cups yellow cornmeal
3½ cups water
¼ teaspoon salt (optional)
1 tablespoon margarine

Preheat oven to 400°F. Heat nonstick skillet over medium-high heat. Add beef; sauté until no longer pink, 5 minutes. Pour into paper-towel-lined strainer; drain. Return beef to skillet; add onions and cook until translucent, 3 minutes. Add remaining ingredients. Simmer uncovered 20 minutes.

***Topping:* Combine all ingredients in saucepan; bring to boil, stirring constantly. Cook until thickened, 3 minutes.**

Place beef mixture in 2-quart baking dish. Spoon on cornmeal mixture, spreading to cover. Bake uncovered 30 to 40 minutes, until topping is golden. Makes 6 servings.

Nutrition info per serving: 365 calories, 20 gm protein, 13 gm fat, 43 gm carbohydrates, 195 mg sodium, 46 mg cholesterol.



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(continued) flow to the heart. Some people have six or more blockages detoured this way. While the number of bypass procedures is increasing, advances in drug therapy and angioplasty may soon slow this trend, which has been questioned by some medical experts.

Though the operation is considered quite safe, it's slightly riskier for women than men. Researchers at Cedars-Sinai Medical Center in Los Angeles speculate that this may be partly because women who need the surgery are likely to be older and therefore more susceptible to complications than men.

Once the medical emergency is over, doctors can study the heart using a variety of imaging techniques, such as echocardiograms (which use sound waves to produce pictures of the heart), or the gated blood-pool scan (a test that uses radioactive material).

Another imaging method is transesophageal echocardiography, in which a catheter with an ultrasound tip is placed in the esophagus. The technique is used to search for abnormalities in the atria, the upper chambers of the heart.

AFTER AN ATTACK

Thanks to modern drug and surgical intervention, a woman who's had a mild attack can usually resume a normal life quite quickly. Hospitals now often keep such people for a week or less. After a few additional weeks' recuperation, a woman can usually return to work, care for her family and resume her sex life and exercise routine.

In most cases, a premenopausal woman can even have a child after she has recovered. However, because the effect of most heart drugs on fetal development is not known, she must work closely with her doctor to ensure a healthy pregnancy.

SHOULD YOU HAVE AN EKG?

Stopping an attack before it starts is, of course, the best treatment. The AHA suggests that every woman have a resting electrocardiogram (EKG)—at ages twenty, forty and sixty. During this painless procedure—performed at clinics, hospitals, universities and cardiologists' offices—technicians attach electrodes to the chest to detect abnormal electrical impulses that indicate problems.

If you have a physically stressful job or have two or more major heart-attack risk factors, some doctors suggest you have an exercise EKG, which is also called a stress test. As you walk or run on a treadmill, technicians monitor the heart's function. However, this recommendation is controversial. Some doctors say that for young, healthy women with no family history of heart disease, the cost of a stress test (about $130 to $300) may outweigh potential benefits. That is because, for unknown reasons, premenopausal women are far more likely than men to get a false positive test result—that is, indications of trouble where none exists. But most experts agree that a woman who has genetic or other risk factors for heart attack should ask her doctor about stress testing.

If an EKG or other evidence suggests that a woman is at risk—or if she has already had an attack—her doctor may prescribe lifestyle changes or one or more *(continued)*



Photo, Thom DeSanto; prop stylist, Debrah Donahue.

Honey-nut bread

Freeze single slices of this delicious bread for a nutritious lunch-box addition. When packed frozen, a slice will thaw in less than an hour.

Prep time: 15 minutes
Baking time: 40 to 45 minutes

- Vegetable cooking spray
- ¼ cup margarine
- 1 cup honey
- 1¼ cups whole wheat flour
- 1¼ cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 1 large egg plus 2 egg whites, lightly beaten
- ½ cup chopped walnuts

Preheat oven to 325°F. Spray two 7½x2x3½-inch loaf pans lightly with cooking spray.

Heat margarine and honey in small saucepan over medium heat until margarine is melted.

Combine whole wheat flour, all-purpose flour, baking powder, baking soda and salt in large bowl. Add margarine mixture and beaten eggs and stir until well blended. Fold in nuts. Pour into prepared pans.

Bake 40 to 45 minutes, until toothpick inserted in center of loaf comes out moist but not wet. Cool on wire rack 10 minutes. Invert onto wire rack; remove loaves from pans and cool completely. Makes 2 loaves, 10 servings each.

Nutrition info per serving: 300 calories, 6 gm protein, 9 gm fat, 52 gm carbohydrates, 295 mg sodium, 21 mg cholesterol.



This orange juice is so good, you can feel it in your bones.

According to the Surgeon General: *"Females, particularly adolescents and young adults should increase food sources of calcium."**

And that's where Minute Maid® can help. Our Calcium Fortified Orange Juice is a great tasting way for everyone in the family to get the extra calcium that helps form strong bones and teeth.

Minute Maid Calcium Fortified Orange Juice from concentrate. It's 100% pure and delicious. And the minute you taste it, you'll know.



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For more information on our Calcium Fortified products, please call us toll-free: 1-800-888-6488 Weekdays, 9 a.m.–4 p.m. Central time

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*SOURCE: [illegible] Report on Nutrition and Health.

(continued) **medications to keep her condition in check. (See page 80 for more about these medications.)**

BETTER TREATMENT ON THE HORIZON

As scientists learn more about the heart—how it works and what causes it to malfunction—they are developing newer ways to prevent and treat heart attacks. Some of the most promising experimental approaches include:

■ **A fibrinogen test** Just-released data from the Framingham Heart Study indicate that people with high blood levels of a protein known as fibrinogen have a higher-than-average likelihood of developing heart disease. For as-yet-unknown reasons, women and men who smoke or are obese, hypertensive or diabetic tend to develop high fibrinogen levels.

Doctors can already test for the substance in high-risk patients, and William P. Castelli, M.D., director of the Framingham study, predicts this test will soon come into wider use.

■ **Laser angioplasty** In what doctors hope will be an improvement over traditional balloon angioplasty, researchers at Wayne State University, in Detroit, are investigating one type of laser angioplasty in which doctors heat artery walls with lasers while inflating the tiny balloons used to crush plaque against artery linings. Proponents say that this heat/pressure combination leaves artery walls smooth, which they believe may reduce the likelihood that new plaque will form.

■ **Blockage blasters** Scientists at the National Institutes of Health, in Bethesda, and elsewhere are working with devices that literally drill out arterial blockages. One—a tiny rotating device covered with a sandpaper-like material, known as a rotational atherectomy catheter—buffs artery walls clean. Another instrument slices fatty material away from vessel linings, then collects and removes the shavings. Scientists at Cedars-Sinai Medical Center, in Los Angeles, are doing preliminary experiments with laser-tipped catheters to see if the devices can remove blockages. They are also doing studies to find out whether low-frequency ultrasound can unblock clogged vessels. But like the rotational catheter, ultrasound releases bits of debris into the bloodstream, and the long-term effect is yet to be seen.

■ **Imaging** A research team at the University of California at San Francisco has developed an ultrasound catheter that is threaded into blood vessels blocked by atherosclerotic plaques. Using sound waves, the catheter projects clear, two-dimensional pictures of blood vessels onto a monitor; these pictures are more detailed than those provided by traditional angiography. These images yield valuable information about the condition of the heart and arteries; specifically, about the location and depth of plaques. *(continued)*



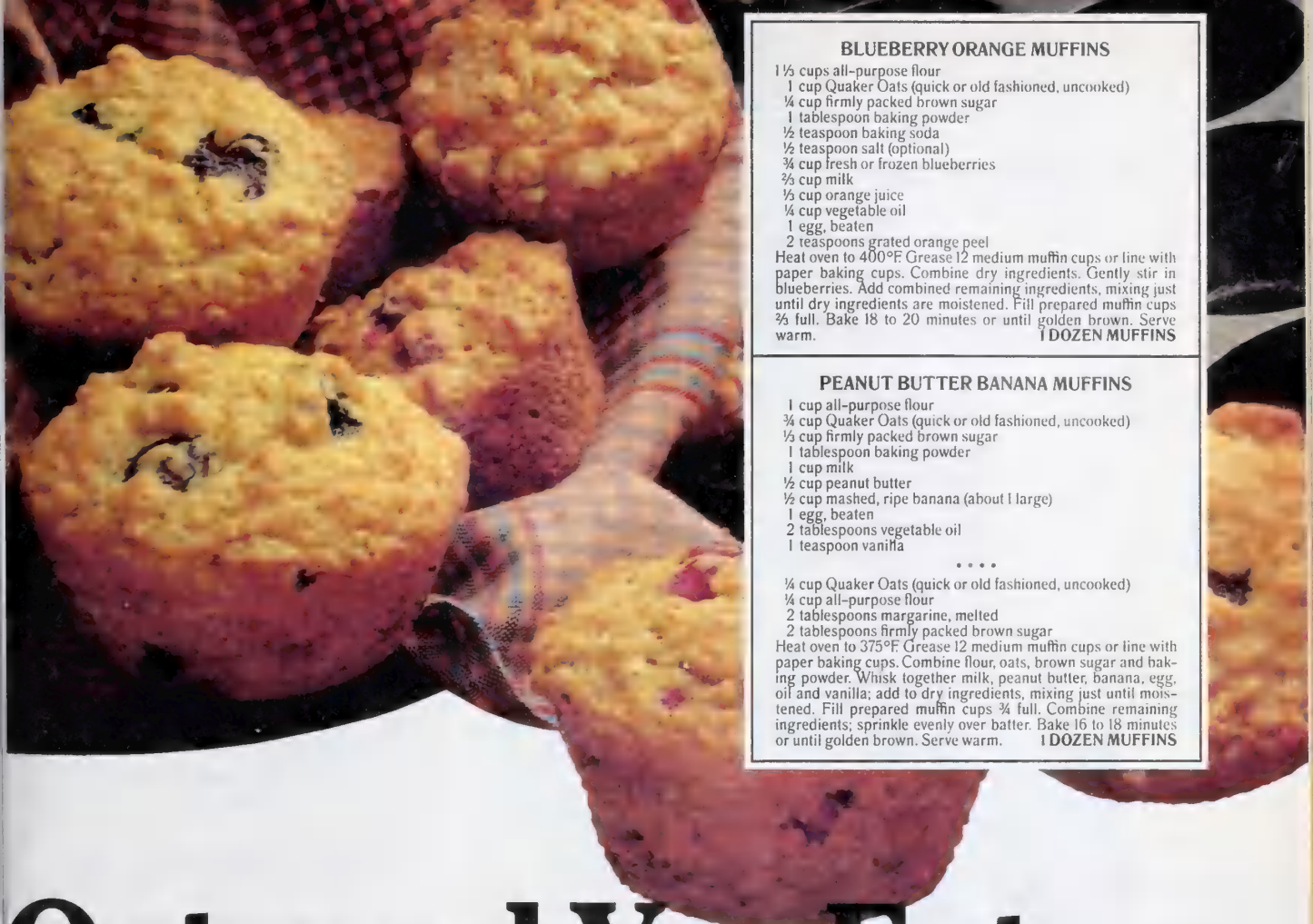
CASE HISTORY #3
"A heart attack isn't the end of the world"

Arlene Gill, forty-seven, is an administrative assistant for the Chicago Cubs baseball team. Happily single, she had always been healthy and full of energy. So when a pain in her left arm woke her at dawn one day in 1985, Arlene knew something was terribly wrong. The discomfort was so severe, she phoned the Cubs' team physician, who told Arlene to take a cab to Northwestern Hospital. When doctors informed her she was having a heart attack, Arlene was shocked. "I told them, 'It *can't* be,' " she recalls. Arlene stayed in the hospital for two weeks and underwent balloon angioplasty to unclog a blocked artery.

What had put Arlene at risk? For one thing, her cholesterol level was a dangerously high 270—a condition she admits may have been partly caused by a penchant for high-fat restaurant meals and cigarettes. "But I'll never smoke again," she vows.

Such healthful resolve is paying off. Thanks to drug therapy and a low-fat diet, Arlene's cholesterol is now 199. "I still go out to dinner, but I choose seafood over meat, and I don't butter my bread anymore."

Such sacrifices seem a small price to pay for good health. "A heart attack is not the end of the world," Arlene explains. "In fact, I recently bumped into my old boss, and he said I looked ten years younger!"



BLUEBERRY ORANGE MUFFINS

1 ½ cups all-purpose flour
1 cup Quaker Oats (quick or old fashioned, uncooked)
¼ cup firmly packed brown sugar
1 tablespoon baking powder
½ teaspoon baking soda
½ teaspoon salt (optional)
¾ cup fresh or frozen blueberries
⅔ cup milk
⅓ cup orange juice
¼ cup vegetable oil
1 egg, beaten
2 teaspoons grated orange peel

Heat oven to 400°F. Grease 12 medium muffin cups or line with paper baking cups. Combine dry ingredients. Gently stir in blueberries. Add combined remaining ingredients, mixing just until dry ingredients are moistened. Fill prepared muffin cups ⅔ full. Bake 18 to 20 minutes or until golden brown. Serve warm.

1 DOZEN MUFFINS

PEANUT BUTTER BANANA MUFFINS

1 cup all-purpose flour
¾ cup Quaker Oats (quick or old fashioned, uncooked)
⅓ cup firmly packed brown sugar
1 tablespoon baking powder
1 cup milk
½ cup peanut butter
½ cup mashed, ripe banana (about 1 large)
1 egg, beaten
2 tablespoons vegetable oil
1 teaspoon vanilla

• • • •

¼ cup Quaker Oats (quick or old fashioned, uncooked)
¼ cup all-purpose flour
2 tablespoons margarine, melted
2 tablespoons firmly packed brown sugar

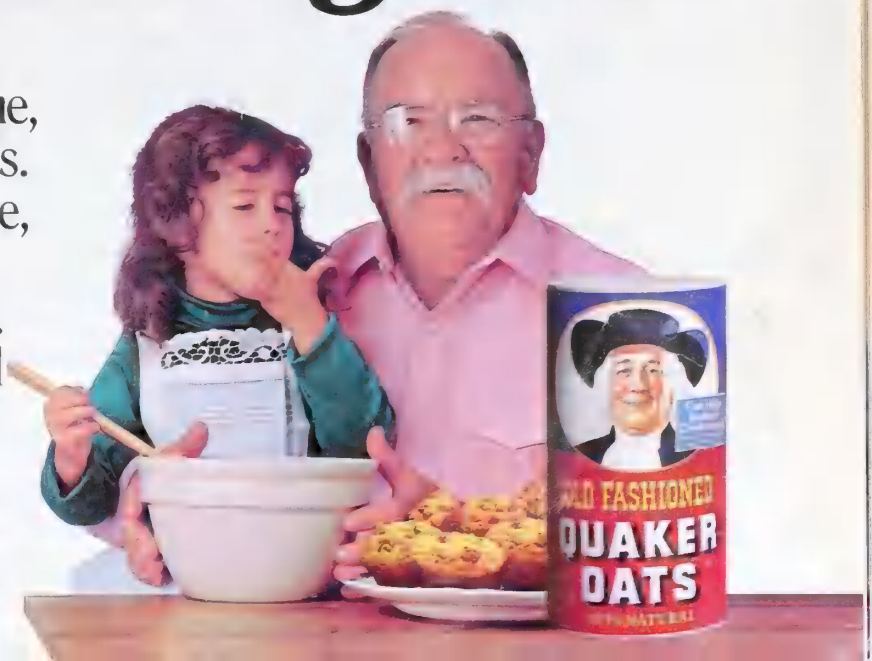
Heat oven to 375°F. Grease 12 medium muffin cups or line with paper baking cups. Combine flour, oats, brown sugar and baking powder. Whisk together milk, peanut butter, banana, egg, oil and vanilla; add to dry ingredients, mixing just until moistened. Fill prepared muffin cups ¾ full. Combine remaining ingredients; sprinkle evenly over batter. Bake 16 to 18 minutes or until golden brown. Serve warm.

1 DOZEN MUFFINS

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As you can tell from the name, hey're made with Quaker Oats.
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Have a couple for breakfast. They'll nourish you like a bowl of hot oatmeal.

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t's The Right Thing To Do™
(even when it's a muffin).



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TAKING HEART

It's important for women to remember that a heart attack is not necessarily a death sentence. After a heart attack, many women make positive lifestyle changes they never would have considered before. Take Jodi Rothstein, our thirty-five-year-old mother of two. Tests revealed that in addition to suffering the severe attack that prompted her to go to the emergency room, she'd suffered two previous "silent" attacks without realizing it. Four key heart arteries were severely blocked. Using veins from her upper leg, doctors performed bypass surgery to restore circulation; two weeks later, they sent Jodi home.

In the two and a half years since, she has managed to lose over thirty pounds and has been working out regularly. "My husband is so supportive," Jodi says. "When I came home from the hospital, there were no flowers at all—just a treadmill right next to the bed!" ■

FREE FIBER-RICH BARLEY RECIPES
To receive eight free recipe cards, send a 3x5-inch card with your name and address, and a check or money order for forty-five cents to cover postage and handling to: Quaker Barley Recipe Offer, P.O. Box 4462, Maple Plain, MN 55348. Group requests not accepted; offer good in U.S.A. only.



Vegetable-beef burgers

If you thought following a low-fat diet meant never eating another burger, think again. This one is low in fat and will be high on your list of favorites.

Prep time: 15 minutes ○
Cooking time: 8 minutes

1 pound very lean ground sirloin
1 small tomato, chopped fine
1 medium onion, chopped fine
1 green pepper, chopped fine
½ teaspoon freshly ground pepper or to taste
1 teaspoon Worcestershire sauce
Vegetable cooking spray

6 whole-wheat hamburger buns
1 large tomato, sliced
6 lettuce leaves
Mustard (optional)
Ketchup (optional)

Combine ground beef, tomato, onion, green pepper, ground pepper and Worcestershire; mix well. Divide mixture into six portions and gently shape into ½-inch-thick patties.

Spray large, heavy nonstick skillet with cooking spray. Heat over medium-high heat. Add beef patties and cook 4 to 5 minutes per side for medium-rare. (Handle patties very carefully to prevent breaking.)

Meanwhile, toast buns if desired. Place cooked burgers on paper towels and blot to absorb fat. Serve on toasted buns with tomato, lettuce, mustard and ketchup. Makes 6 servings.

Nutrition info per serving: 260 calories, 19 gm protein, 11 gm fat, 24 gm carbohydrates, 264 mg sodium, 48 mg cholesterol.

Rx FOR A HEALTHY HEART

Today, doctors have an extensive arsenal of drugs available to treat heart disease. Some of the most widely prescribed medications are listed below under their generic names.

● ANTICOAGULANTS help prevent blood clots. Well-known anticoagulants include dipyridamole, warfarin and aspirin.

Some experts recommend that people at risk for heart attack take aspirin every other day to reduce clotting. However, because research has focused only on men, and aspirin can increase bleeding in the digestive tract, women should do this only under medical supervision.

● ANTIHYPERTENSIVES reduce blood pressure. Often-prescribed examples include captopril, clonidine, hydralazine, methyldopa and prazosin.

● BETA BLOCKERS reduce blood pressure and ease angina. Examples include atenolol, nadolol and propranolol.

● CALCIUM CHANNEL BLOCKERS ease angina symptoms, lower blood pressure. Some of the best-known include nifedipine, diltiazen, verapamil.

● DIURETICS reduce blood pressure. Often-prescribed diuretics include chlorthalidone, ethacrynic acid, furosemide, and triamterene.

● CHOLESTEROL- AND TRIGLYCERIDE-LOWERING DRUGS include cholestyramine, cholestipol, gemfibrozil, lovastatin and nicotinic acid.

● NITRATES relieve and prevent angina. They come in sublingual (placed under the tongue) and oral tablet form, as ointment applied to the chest and in patch form.

How to help a husband who's trying to help himself.

Encourage him! It should be easy, 'cause you love the fact that he's working out and watching what he eats.

If you do the cooking, you can help with little changes that can all add up to a big difference. One healthy change:

Cook his favorites with Puritan® Oil. It's all-vegetable canola oil with no cholesterol.

94% saturated fat free

Puritan Oil is better than any other kind of oil in one important way: **Puritan is proven 94% saturated fat free.**

That's why Puritan Oil has been in the news. It's the first oil to have earned the acceptance of the American College of Nutrition–a prestigious group of nutrition scientists and doctors.

"Puritan is made from canola oil, the vegetable oil lowest in saturated fat. It is an excellent choice to help meet present dietary recommendations for reducing saturated fat and cholesterol intake and lowering blood cholesterol levels."
–The American College of Nutrition



For a free information kit on how to lower his blood cholesterol by reducing saturated fat in his diet, write to: **Puritan® Oil Cholesterol Kit (H7), P.O. Box 15697, Cincinnati, OH 45215.**

Reducing blood cholesterol lowers the risk of heart disease. Your husband knows that, and he's feeling better about his health. You are too.

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Make it his oil for life.



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It's easy to take your family granted. Easy to concentrat really important things like corsages and cummerbund Easy to assume that the ca just be there...waiting to tak you anywhere, anytime you choose.

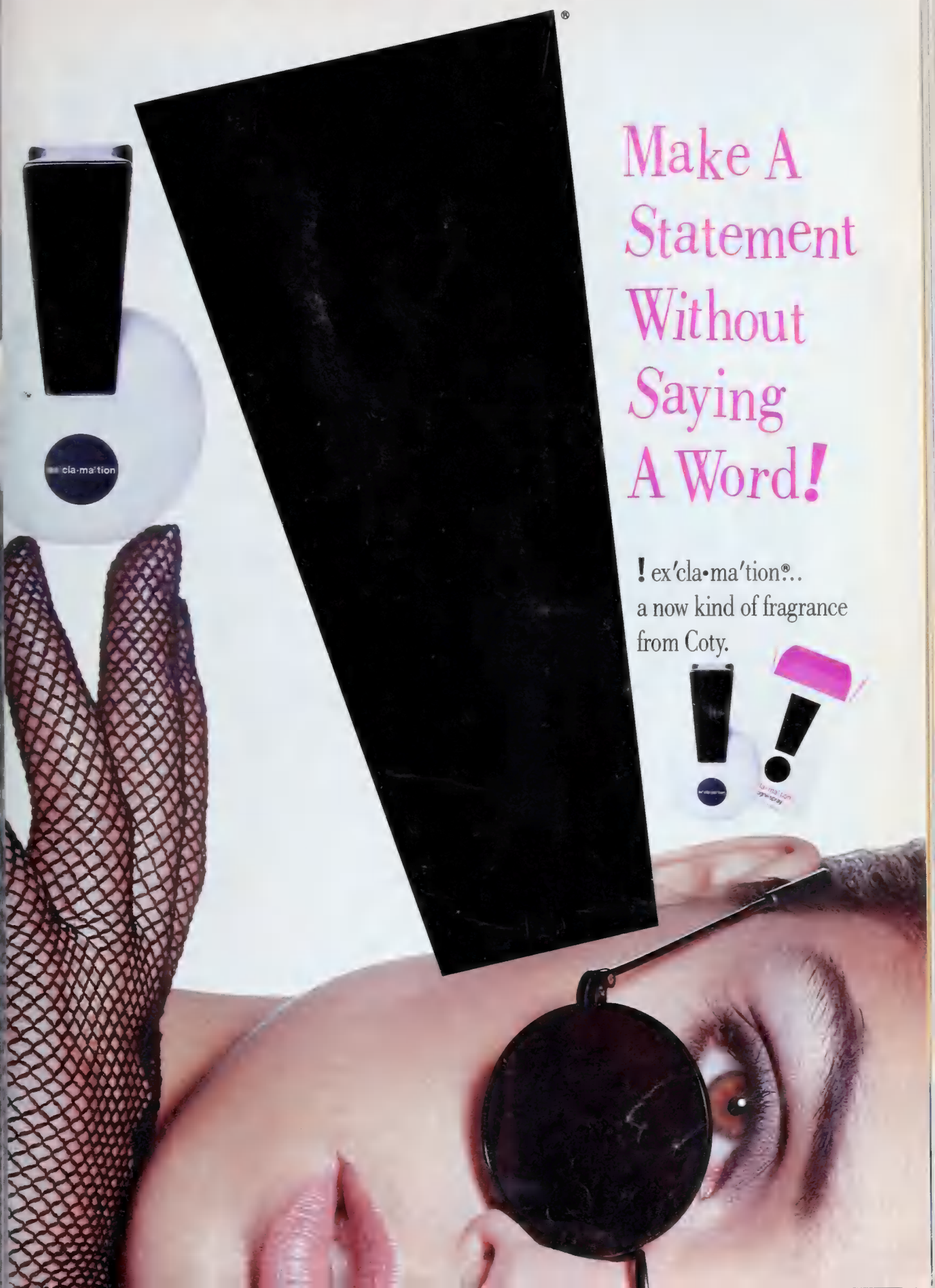
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MARILYN QUAYLE the woman nobody knows

Next to her husband, she was the most controversial figure of the 1988 presidential campaign. But what is she really like, and how has she adapted to her new role? A surprising talk with the Second Lady



By Jane Farrell and Barbara Bronson Gray

The first thing you notice about Marilyn Quayle are her eyes. They are huge, ice-blue, tranquil—and a bit wary as she greets two interviewers on the veranda of the vice-presidential residence.

Her coolness is only to be expected. This is, after all, the woman who was scrutinized and commented upon throughout last fall's campaign, for everything from her flippy hairstyle to her fundamentalist background. Serious questions were raised as well about her husband, an Indiana senator who seemed more interested in golf than government.

Now, with the campaign a receding memory, Marilyn Quayle finds herself playing one of the most frustrating parts in Washington—second fiddle to a second fiddle, the discreet partner of the Vice-President, whose role has historically been to be seen as little as possible and to be heard even less.

It is a difficult role, especially for a woman as smart and assertive as Marilyn Tucker Quayle, a Hoosier lawyer who put her career on hold for twelve years so she could help her husband and raise her children.

"I had planned to go back to work last September," she says quietly. "Tucker [the couple's eldest child] was going to be a freshman in high school, and we have college costs to look forward to, and I have to work." She pauses, sipping from a cup of black coffee. "But obviously, things changed in New Orleans," when Quayle was chosen as George Bush's running mate. "You don't look back, though. I'm taking the situation we have now, and I'm carving my own little piece."

That niche bears almost no resemblance to the spot she envisioned for herself while she was attending law school at Indiana University during the early seventies, one of only thirty women in a class of three hundred. Even today, at the age of forty, Marilyn Quayle, whose childhood nickname was "Merit," has more than a *(continued)*

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uch of the diligent student about her. It is easy to imag-
e her furiously taking notes in class, and asking and
nswering more questions than anybody else. Her dress, a
aby-blue shirtwaist, has no frills; her hair, worn in the
mous flip, is simple to the point of plainness. Her manner
speaking is as unaffected as her clothes.

She is surprisingly open about the direction she once
anted her life to take. "I was going to make a career," she
calls, somewhat wistfully. "I was going to do great
ings. In fact, I had told my family, *I* was never getting
arried. *I* wasn't going to have kids. Yeah!" She smiles,
and the caution in her eyes momentarily disappears.



But instead, she married her classmate Dan Quayle, the handsome son of a wealthy, conservative newspaper publisher, after a ten-week courtship. And she didn't go to work for a large



e Quayles in their
st: Corinne, Mari-
, Tucker, Dan and
n on the veranda
the vice-presi-
ntial residence

w firm in Indianapolis, as she had planned; instead, she
ded up practicing as a jack-of-all-trades attorney in the
all town of Huntington, Indiana. "It [the firm] was
layle and Quayle only because it was *his* town, not
ne," she says affectionately, "and they were his people. I
s using his name shamelessly. But he didn't practice
v; he full-time ran the newspaper. I thought he was
ng to build a newspaper empire."

n accidental career

1976, two years after the birth of the Quayles' first
ld, local Republicans who liked Dan's conservative poli-
s and easygoing style asked him to run for the House of
presentatives against a veteran Democrat who, they
re sure, was going to win. But it was Quayle who came
first, and he and Marilyn abruptly found themselves in
shington.

I wasn't too keen about it," Marilyn says, recalling the
campaign discussions she had with her husband about
loss of privacy the family might suffer. "But we both
lized that you can't sit there and complain about things
ou're given the opportunity to run."

Her initial ambivalence toward political life has re-
ined, however, throughout her husband's terms in the
use and the Senate, and even now—perhaps especially
v—that he holds the second-highest office in the coun-

She wants to keep her private life private, especially
the sake of her three children—Tucker, fifteen; Benja-
n, thirteen; and Corinne, eleven.

n fact, Marilyn Quayle's need for a family haven is so
ng that the few interviews she does give are conducted
the porch of the vice-presidential residence. Reporters
not allowed to talk with her inside the house, an
porate, secluded Victorian structure atop *(continued)*



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MARILYN QUAYLE
continued

a hill on twelve grassy acres in northwest Washington.

"I think the nicest thing I have found about this is that being the Vice-President's family, we're up on a hill," she says dryly. "We don't have people going through our house all the time, and we don't live with the press in our house. So you really can carry on a somewhat normal life, more normal than I thought we would be able to."

A public life

Still, Marilyn's life has changed drastically in the past ten months, although some elements are the same (getting up at six A.M., carefully scanning the daily newspapers). Now she has a staff of seven and an impressively high-ceilinged office in the Old Executive Office Building. She gives speeches regularly, and she is often on the road. She still gets her clothes at off-price stores like T.J. Maxx and Marshalls, but these days Secret Service agents are her constant shopping companions. She no longer makes daily supermarket expeditions; instead, her house staff does it for her. "That's the best thing about being the Vice-President's wife," she says. And she seems to mean it.

In the time-honored tradition of American political wives, she has allied herself with a cause—in her case, natural-disaster preparedness. She has made herself an expert on the sub ("I read briefing books, briefing pers; people from all over the w send me information on it"). It fills need, she says, to be "a professio something away from Dan, someth away from just being the wife of Vice-President."

But she makes no secret of the that her interests are far more ex sive than disaster preparedness, she is as much a policy adviser to husband as any of the men on his s (She may also be harboring some p ical ambitions of her own; when as she says, "I don't rule anything ou all, but at the same time I'm not p ning it.")

The degree of her influence on Qu proved a sensitive subject during campaign, as Marilyn, in the best R cy Reagan tradition, directed som her husband's remarks with a seri meaningful nods and discreet tug his sleeve. Analysts wondered whe her behind-the-scenes influence even stronger—whether, in fact, was lobbying for an ultra-conserva agenda with her husband.

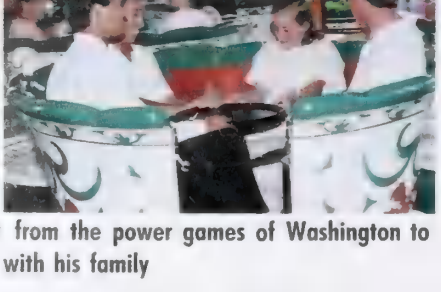
Marilyn flicks aside questions or subject as if they were so many bot some flies. "With most of our p dents and vice-presidents the wife had a major role in the adminis tion," she says briskly, "but it's alw been kept behind the scenes; no would ever admit it before. It's fi out in the open.

"Dan is very comfortable saying course I share things with my She's a colleague.' He has many a ers he relies on, and he's very about the fact that I am one of ma

But, clearly mindful of her critics refuses to say exactly when, or ho ten, she has influenced her husb "Oh, I'd rather not get into speci she drawls. "I wouldn't like to say I'd changed his mind either. Somet I play devil's advocate. I may be in agreement with how he's going to ceed, but I may sit there and nit everything to death to see if there holes in it . . . It's good to be able to a sounding board.

"He makes his decisions hims she adds. "I think the country is b very well served by Dan Quayle."

A devout Christian who believe the literal interpretation of the B Marilyn is similarly sensitive a her religion. Her beliefs became a paign issue when reporters found while growing up she had listene tapes of sermons by Col. Ro Thieme, a right-wing Houston eva list who says the United States is proaching economic and spiritua saster. Through tapes with titles "Satanic Plot No. 1," he (contin

The Vice-President at play: Dan takes time out from the power games of Washington to shoot some hoops and go to amusement parks with his family



Shown smaller than actual size of approximately 2

rails regularly against groups as diverse as welfare recipients and communists.

Nowadays, she belongs to a Presbyterian church in Virginia and talks readily about her family's habitual attendance there. But when asked whether her religious beliefs have influenced her political views, Marilyn Quayle's manner changes abruptly. She remains silent for almost a minute before saying haltingly, "It's really difficult to say. . . . It's, uh, more a . . . I don't know. I can't answer that question."

Working mother

She *will* talk, however, about her children. Like many mothers of her generation, she did not stop working when her first child was born. Instead, she put Tucker in a day-care center three days a week and took him to her law office the other two. "And he made a few court appearances with me," she says, "which you can do in a small town."

But after two and a half years of being a working mom—"It didn't seem long enough," she says—she decided to stay home full time to raise her children, as her own mother, a physician, had done before her.

"We've always been a very close family. When Dan was in the House and we had three little kids—three, two and infant—I would keep them up to have dinner with their father. And Dan didn't go to all the entertainments in Washington; instead, he'd come home to his kids."

Today, she is still trying to give her children a relatively normal life. She plays tennis and goes horseback riding with them, and she makes a point of having them do their own shopping in stores. The family, including the Vice-President, tries to have dinner together each night. She also makes an effort to remain at home as much as possible, even if it means an exhausting, one-day round-trip from cities as far away as Denver.

"I'd like to be thought of as a good mother," she says, then I won't know whether I have been until fifteen y from now, when you see the real product. Someone sa me, 'Why don't you and Dan write a book on child rear I said, 'What? We don't know if what we're doing *works* Everything we're doing may be *wrong*.' " She laughs, s ing fully at ease for the first time in the interview, a few minutes later, even jokes about her thirteen-yea son's unwillingness to pose for photographers. "Ben i strike, " she says casually.

Such relaxed moments are very rare for Marilyn, finds it difficu deal with the p "You have t guarded here," says. "You fi every conversa you have coul pear in the nev per the next da you should al think before speak." Her i during the paign as the b schoolmarm wife of an ami somewhat do politician is a age that still kles, despite initial insist that "I don't si remember ev thing."

After a mon she acknowle "I work very to try and no angry and grudges aga people who say kind and un things or do hatchet job on He just lets it right off, and moves on." pauses, nod her head del ately and sm tightly as she ly enunciates word: "I'm wor on that."

Still, she ages to view th uation with hu "I think the v idea of [my] this manipulative dragon lady—we'd laugh at that. We do, because I'm not that way. And I'm not this rigid, a tious person. It's just not there. It never has been."

So how *would* she describe herself?

Marilyn Quayle pauses for perhaps ten seconds, mischievously, bursts into loud laughter and says, Dragon lady!"

Jane Farrell is an editor of Ladies' Home Journal; Bar Bronson Gray is a free-lance writer based in Los Angel

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How to handle a panic attack

By Brook Hersey

We've all had the perspiring palms and the pounding heart that are induced by anxiety—perhaps while waiting to be ushered into a job interview, for instance. But millions of Americans will, at some point in their lives, experience a more acute and paralyzing form of nervousness. "A panic attack incorporates sweaty palms, rapid heartbeat and a feeling of being warm all over, but it is of such high intensity that the victim often reports the fear of losing her mind or dying," says Christopher McCullough, Ph.D., founder and associate of the San Francisco Anxiety and Phobia Recovery Center and co-author of *Managing Your Anxiety*.

A panic attack is not only much more overwhelming than everyday anxiety, it also tends to be concentrated in time—from a few minutes up to an hour. Typically, it builds to a peak, then dissipates, leaving the victim feeling exhausted and shaken.

What makes such an episode so frightening is that it seems to happen for no discernible reason. It may occur in a meeting, in the supermarket line or on the highway. "If you were to see something you know you're scared of, like a bear or a snake, you would understand your fear," says McCullough. "A panic attack seems to come out of the blue, so it feels crazy."

WHAT CAUSES PANIC ATTACKS?

That answer is not known, nor is it understood why certain people get them and others don't. Noting that panic attacks often run in families, some researchers are studying brain function to determine if the tendency does in fact result from inherited physical abnormalities. Another theory roots some attacks in childhood psychological trauma, especially separation anxiety.

Experts note that certain personality traits are also common to many of these sufferers. "They're often perfectionistic, outer-directed and eager to please," says McCullough. "When you get your sense of value from pleasing other people, rather than from an inner sense of who you are, you're potentially more vulnerable to having a panic attack."

A stressful event, such as a major promotion or a death in the family, can trigger an attack in a susceptible individual. Studies also suggest that caffeine may promote some incidents, perhaps by blocking certain receptors in the brain.

While some people experience only a single attack, recurrent episodes can be more serious. "If someone starts avoiding the supermarket or doesn't leave her house at all because she fears she'll have an attack, she has developed a phobia," says Jerilyn Ross, M.A., associate director of the Roundhouse Square Psychiatric Center, in Alexandria, Virginia, and president of the Phobia Society of America. It's estimated that twice as many women as men suffer from panic and phobic disorders.

HOW TO COPE WITH PANIC

■ Try to breathe as normally as possible. Many panic-attack sufferers hold their breath, which can make them even more light-headed, feeding their sense of unreality.

■ Bring yourself back to the here and now. "Do something that engages your senses," Ross suggests. "Snap a rubber band on your wrist, count backward from one hundred by threes, count the number of stripes in the wallpaper. Focus on a manageable task in the present."

■ Many people are worried about hiding their rising sense of panic, but you should tell someone you trust what's happening, if you can. "Touch is a wonderful way of bringing down a panic attack," says Ross. "Holding someone's hand is very helpful."

■ Try not to leave the situation. "If you leave while you're still having the attack, what's left in your memory is 'thank God I got out, or else I would really have lost it,' " says Ross. "If you stay, the attack will pass, and if you have another one, you'll recall that, as scary as it was, nothing really happened."

WHEN TO SEEK HELP

It's not uncommon to have only a single incident, especially when the attack was triggered by stress. If you don't have repeats, chances are you won't feel you need help. But if you can't stop thinking about it, you might consider treatment, says Ross, and if you've had at least one attack a week for several weeks, you may be suffering from what's referred to as a panic disorder.

First, get a complete physical exam to rule out a physiological condition such as a malfunctioning thyroid gland. The next step is to see a mental-health professional who's familiar with these attacks (many hospitals have anxiety or phobia clinics, or ask your internist for a referral).

While certain medications have proven quite effective in controlling the attacks, cognitive/behavioral therapy is considered a central aspect of treatment for most patients. "We go with a person into the situation that she's associated with her anxiety, and we gradually expose her to it," Ross explains. "We also teach patients that it's not the shopping center or the plane or, the bridge that they're afraid of; it's their fear of *having* a panic attack."



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Turning point

BY CAROL LYNN MITHERS

Dusty and slightly mildewed dolls. Issues of the 1967 Culver City Junior High *Spartan*. Broken-spined paperback copies of *Saint Genet* and *The Harrad Experiment* lie strewn across the floor. My parents are moving from the sprawling West Los Angeles ranch house they bought in 1968 to a "senior" community one hundred miles away. Their new place is nice but small, built for those who've retired from both work and active parenthood. There's no room for the mementos my sister and I have stuffed into this home for the last twenty-one years. Everything must go.



A baby tooth in a small plastic container. An old Girl Scout uniform. Sixth-grade political platforms: "If I were President, I would pass the Civil Rights Bill and end poverty by giving poor people better-paying jobs . . . " I move between closet and garage, a constant pressure in my eyes and throat from the tears I know will fall the last time I walk out this front door and the first time I realize I can't walk back in.

The breathless diary of a thirteen-year-old: "I kissed Corey for seven seconds, *and they were the best seven seconds of my life!!!* " Patched jeans. A purple, spectacularly short minidress. In two weeks this house will be empty, and I'm old enough that, beyond some easy sentimentality, I shouldn't care. But I'm of a restless, rootless generation, without the home of my own I always imagined I'd have by now. The dozens of times I've packed and moved for school, for work, for men, the changing patterns of people and geography have divided my life into disconnected pieces. It's only here, at my parents' house, that I have any real sense of the whole.

Junior high school report cards. Love letters from an eighteen-year-old boy that begin "Dearest Princess." *Stop it*, I think to my parents in a fury. How dare you take away my roots! And yet what is it I really want here? The concepts of small towns that never change and fairy-tale "old folks" are myths, and they have about as much applicability to my own life as did the idea of white Christmases when I was growing up near the Southern California beach.

My mother and father will never be an old-fashioned mom and dad, nor do I want them to be. The house I wish they weren't selling isn't a place I really want to own. My home city is a giant metropolis whose landscape changes from day to day. And the world I inhabit is one filled with people just like me who grew up, scattered, changed jobs, moved again; it's one in which we write addresses in pencil, measure attachments in telephone bills, reestablish bonds when we pass through each other's cities, sharing meals and sleeping in guest rooms. It's the world I've chosen, and the truth is, it's the world I want. It's only at times like this that it doesn't seem like enough.

A scrapbook with a pressed prom gardenia. Four drafts of a never-finished novel. Shortly before my parents' escrow closes, I stand in the dim corridor of a nearby self-storage facility looking at the dozens of doors that stretch out into the darkness. There are places like this everywhere, built for those of us who keep moving, accumulating a history that we have neither the time nor money to take with us. That afternoon I write a check and fill my own space with twenty-five cartons of books, papers, photo albums, diaries, letters, files, pictures and clothes. Just because I have no room for these things in my life now doesn't mean I can bear to let them go. In their achingly new house, my parents settle in, arranging old family photos and furniture. I take my place among the legions of the wistfully mobile who shuttle back and forth across America, traveling light but clutching keys that give us access to the people we once were, to pasts that sit waiting until we slow down long enough to reclaim them.

HOW TO COMFORT A GRIEVING FRIEND

When someone close to us suffers the loss of a loved one, we often don't know quite what to say or do. Here, the best ways to show how much you care.

■ **Listen to your instincts. If your first impulse is to phone or visit the bereaved, don't be put off by the fear that you might be intruding. Your gesture probably will be much appreciated.** ■ **Simply tell the person how very sorry you are, but beware of phrases such as "I know just how you feel." After all, you *don't* know exactly what she's going through.** ■ **Be a good listener. If your friend says something like, "I don't know how I'll ever get through this," resist the urge to cheer her up or offer advice. What she needs most right now is to talk about her concerns; you don't have to provide the answers.** ■ **Don't say, "You shouldn't feel that way." A grieving person often thinks she could have done something to prevent her loved one's death. Telling her these feelings are "wrong" may only cause her to repress instead of resolve them.**

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How to have an easier homecoming

After a day of dealing with angry clients and a crabby boss, how can you prepare for the domestic circus that awaits you at home? At one company studied by Ellen Galinsky, Ph.D., co-president of the Families and Work Institute, in New York City, 68 percent of women and 51 percent of men with children under age six complained of "work–family interference," in which office concerns followed them home.

In the book *The Preschool Years* (Times Books, 1988), which she co-authored, Galinsky says working women with children carry more baggage than their briefcases to and from the job: Having idealized stay-at-home mothers, a whole generation now fights a losing battle against guilt and lack of time. As she walks in the door at night, exhausted, a working mother has to deal with what Galinsky calls arsenic hour. A mother feels she must handle her children's needs; at the same time she wishes she could relax after a tough day. Here are some ways to ease this transition between work and home.

Switching off the office

■ Practice a routine. By cleaning up your desk at five each day, you signify to yourself that you're leaving one set of responsibilities for another.

■ Try to avoid five o'clock frenzy. If your boss keeps making you late, don't sound accusatory. Instead of saying, "You always make me late for picking up my child at day care," say, "I'm always late to pick up my child," then suggest solutions for getting out the door on time.

■ Escape during your commute. Make an audiocassette of favorite tunes or buy some books on tape, and play them while you're driving or riding home. You could also meditate for several minutes on the bus or train.

How to sweeten arsenic hour

■ Be as prepared as you can for the kiddie onslaught when you walk in the door. Keep snacks around, so the kids have something to eat while you get out of your work clothes. Or have one of their favorite videotapes ready to pop into the VCR so they won't immediately besiege you with their gripes and concerns.

■ Get emotional *and* practical support. Ask your husband to greet you at night with a compliment or at least an innocuous comment instead of a problem, then reciprocate. A couple of days a month, ask a neighbor to take the kids to her house when you get home so you have a few moments to relax. Then return the favor.

■ Try to find time during the day for exercise, which is an overall stress-reducer. You might walk home from the train station or jog around the block with the dog while dinner's in the oven. Or take the kids for bicycle ride. —JEFF BLISS

Feeling bad about feeling good

By Arlene Kagle, Ph.D.

Whenever something good happens to me, I worry that something bad will then happen to balance things out. For instance, if I get a raise, I start thinking that my husband will lose his job. How can I stop this worrying?

As children, most of us were taught to work hard and not to expect too many good things. Some of us were also brought up to believe that if things did go really well, the "evil eye" would get us. As a result, when we experience happiness or success, we often consider them unearned or undeserved.

On top of all that, when things went badly, we were encouraged to console ourselves with the thought that they would change. The problem with this logic, however, is that if bad things can get better, then good things can get worse.

You need to rethink your basic assumptions about good and evil, blessings and sins. Alter or get rid of those beliefs that are too simplistic or just plain wrong. Then, if you think you are undeserving of what you have, take stock of all the honorable things you've done. Should you still feel uncomfortable with your happiness, consider counseling.

Arlene Kagle is a clinical psychologist in private practice in New York City.

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short story

A PASSING FANCY

Many women fall for their children's pediatrician, but Jenny's infatuation was turning into a real emergency



By Marianne Gingher

Early each morning they slip into her bed. First the baby, Leo, his pajama feet going shush-shush across the floor. Then come the twins, carrying the two overweight cats that look like dust mops, followed by Butler, the snoozy old hound. Even an escaped hamster or two has been known to join the party.

"Everybody loves Jenny," her husband, Dave, teases her, dressed for work but crawling back into bed himself for a while. "How do you stand us all?" Lately Jenny only laughs a rich and secretive laugh. She would say that she can stand anything since she's fallen in love. And she wishes she could tell Dave, because up until now they've shared everything. But instead she asks cheerfully, "Honey, do you want pancakes or eggs for breakfast?"

She *supposes* she's fallen in love. She doesn't know what else to call it. So far the only sorrowful thing about this love is that she can't tell anybody. When she fell in love with Dave, at nineteen, she sat on the edge of her mother's bed that very night and talked about him until sunrise. Sometimes Jenny gets the urge to call her mother and tell her about Simon, too. But it's only a passing thought.

Her love for Simon makes her feel alternately exuberant and forlorn like a teenager. She hadn't gone looking for it, which is why she supposes she doesn't feel guilty yet. And of course nothing's *really* happened.

Jenny supposes that she's been working her way toward Simon for years. When the children were tiny, needy, she'd often dreamed of escape. She'd imagined kissing them all good night—the boys in their cribs, Dave as he nodded in front of the eleven o'clock news—then vanishing into the night.

She envisioned driving to the airport in Dave's old MG, the one he'd had since college. She'd leave behind the safe, reliable station wagon he'd bought her for her thirtieth birthday.

But Jenny always sabotaged her freedom, made something go awry. She'd conjure up a flat tire, a steaming radiator. Once she dreamed that the steering wheel twisted off in her hands and she'd crashed into a nearby hangar. At the scene of the accident Dave hovered above her. "Honey, where were you going?" he asked. "You *(continued)*

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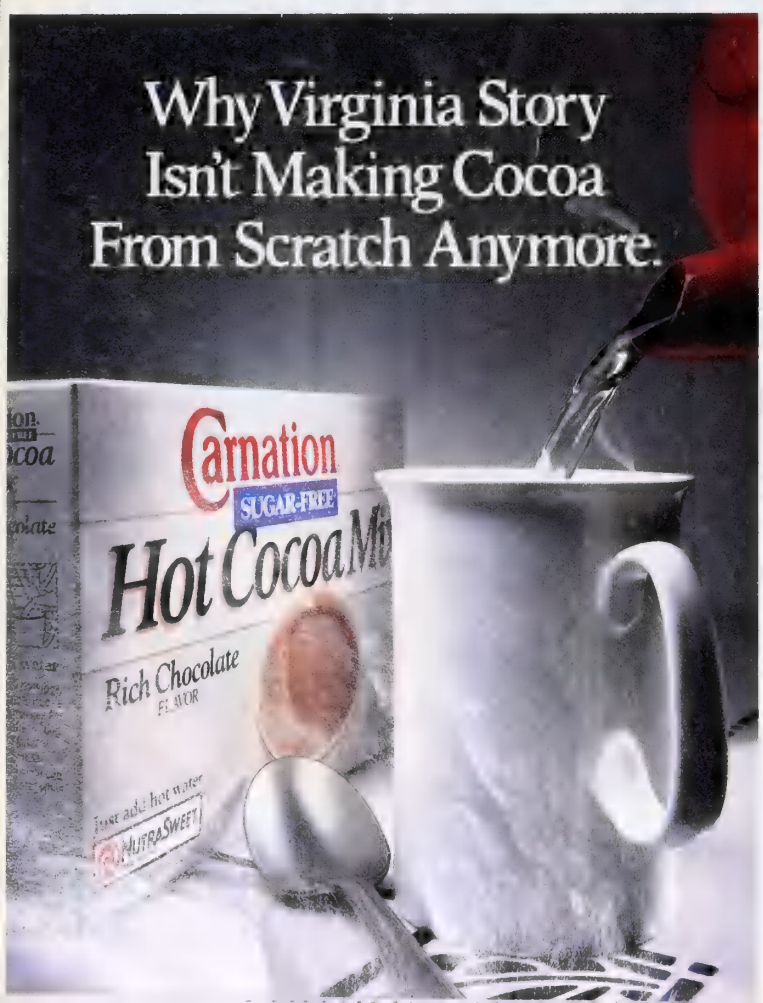


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A PASSING FANCY
continued

passed the Seven-Eleven eight miles back."

Simple tiredness caused these fantasies, Jenny had herself. Chasing after three toddlers, helping Dave get mail-order candy business off the ground, stirring big po taffy and fudge all day in the basement kitchen filled sparkling stainless-steel appliances that Jenny and Dave installed themselves. Keeping the boys out of the ca Keeping Butler out, the cats, the hamsters. Letting the h go to hell and weeds grow up in the yard. Wasn't it natur dream of romantic diversion?

She'd met Simon at the emergency room. Jenny had alone with three little crybabies who'd irretriev sucked pussy willows up their noses. An hour earlier s driven Dave to the airport and watched him board a p bound for California and the national confectioners' con tion. Business was booming. He'd be gone a week, and for week she had it all to do: the children, the candy. "So why start with the emergency room?" she'd said ruefully startled nurse.

Because it was Saturday night, they had a long wait. boys squabbled, got into Jenny's purse and jabbed each o with her lipstick. They turned over a chair and made it in bucking bronco. "*Please*," said a nurse. Finally Jenny fed t cheese crackers and soda out of a vending machine for sup

Then, hearing their names called, the children sto fussing. Lulled for a few miraculous seconds into a dre silence, they entered the cubicle where the pediatric resi stood waiting. The moment Jenny saw Simon, tall, bl elegant in his white coat—why, the instant he smiled gently lifted Leo's weight from her hip—her desire for him like another emergency.

She tried to analyze it: How in the world can it happen w she still loves Dave, when Dave is so good?

She goes over it and over it: the way their eyes seem meet and lock, the way their foreheads touched lightly as bent over one of her children, the way they seemed to known each other from somewhere and already had a rou like old dance partners.

Even as she'd stood there, feeling her heart lurching wi toward this stranger, she'd thought desperately of Dave.

An unruly boldness had loosened itself in her, and s asked, "Would you like to have a cup of coffee—sometime?" the first time since her marriage, she'd felt her eyela flutter. The next day he'd called her, ostensibly to check o little patients, and they'd chatted like old friends until lord knows how, wedged himself between the washer and d and she'd had to hang up.

He called her every day that week. "Do you mind?" he'd "Are you in the middle of something?"

Well, she was *always* in the middle of something, but s scare him away with all that. So she pretended otherwise Saturday when he called and she told him she had to pick D up at the airport, she made it sound like a minor errand.

On the way to the airport she tried to miss Dave. There v things about Dave that she would always cherish: his aff ity, his boyishly romantic hope. He cried at all the movies did. He was always saying things like "No matter how do and-out we get, we'll always have Mozart."

Jenny still felt a blooming sensation in her chest w she thought of Dave at twenty-one, in his bow ties and sus ders, fresh out of college with a degree in philosophy. Drean he'd clasped her hand over his heart and promised h what? Unpredictability. It was just about the sexiest most difficult-to-keep promise that anybody could poss make, but he'd kept it.

n twelve years they'd lived in ten states, and Dave had ken almost as many jobs. He'd renovated houses, taught ool, worked in libraries, played the accordion in a veling polka band. Most recently, he'd managed a taurant, which is where he'd gotten the idea to start a d business. Now it looked like predictability finally med. This was happily ever after.

enny can't say why Simon makes her so happy. The happiness he generates just by meeting her in the park one afternoon when she can arrange to get a baby-sitter ls unearned. They walk amid an incandescent spectacle all leaves.

Yet Simon never takes her hand. He walks without touching , without pausing to turn her into his arms and tilt her face ard his own. Over and over she has imagined kissing him. ally, Jenny says: "Simon?" catching him by the sleeve. His n is stiff. "Tomorrow night is Wednesday."

Wednesday nights are the nights they have been meeting for eks. They rendezvous at the Seven-Eleven and drive into the ntry together. She tells Dave that she's taking Jazzercise at Y with Babs. Nothing happens on these drives except they n shoulder to shoulder in the dark. They hold hands nfortably and listen to the radio. They park in a pasture and k about Simon's work, his loneliness in medical school and v sad sick children make him. And sometimes they talk ut whether their friendship can survive.

As they walk in the park, she catches one of his hands ween her own. A bright yellow maple leaf floats down sky and settles on top of his hair like a crown. He doesn't the leaf. "Simon?" It's a beseeching, schoolgirlish tone she s. Whole pleading sentences are tucked between the sylla- s of his name: *Is something wrong? Why don't you hold me en we have the chance? What do you want? What can we nage? Is this love or friendship? Have I made you up like my other fantasies?*

"We can't meet tomorrow night," he tells her. "My schedule changed."

"When can we meet?" she says.

"Let's think about it. I'm confused."

On the drive home she thinks of what she might have said. y hadn't she said, "Look here, Simon, speak for yourself. u can't meet, but I can. And how can that be possible when the one with the children and husband?"

He'd looked so weary when he told her. He'd given her look she gave her kids when they were too much trouble, wild for words. When he'd looked at her that way, the ple leaf was still stuck in his hair, but she didn't reach for it, n't brush it out.

t's barely five o'clock, but already a bright, cheeky moon has sailed loose from the tree line and floats alongside the Seven-Eleven marquee. Instinctively Jenny glides into parking lot toward a phone booth. What will she say to ı? She watches the moon as if for a signal.

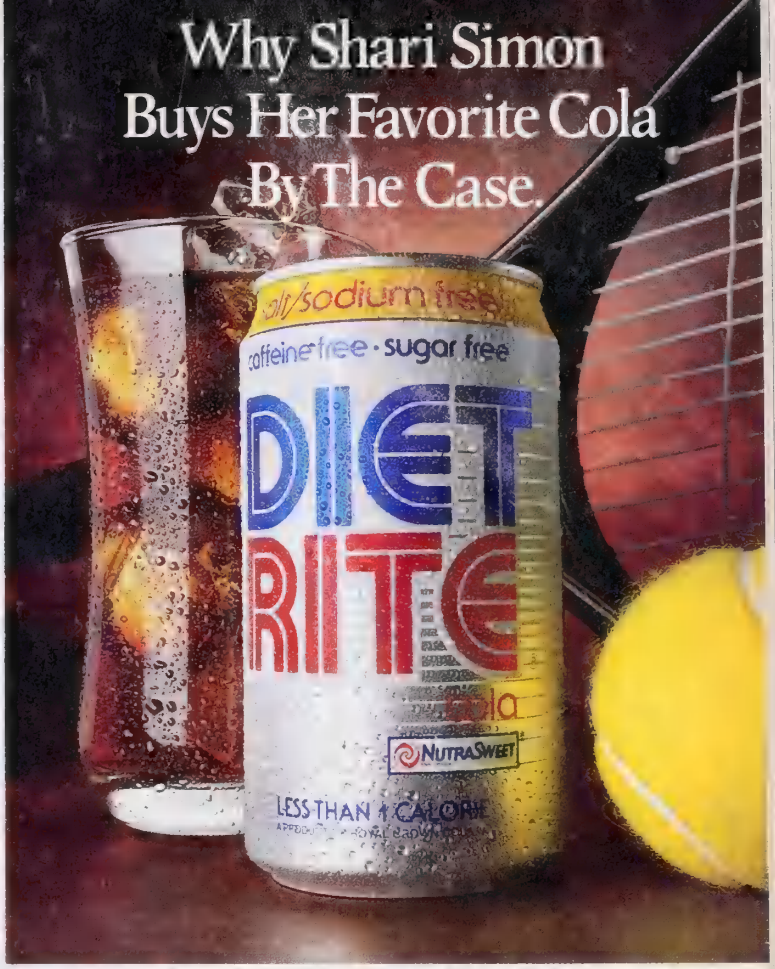
"It's all right if you don't love me," she tells Simon when he wers. "It's all right if you just need a friend." Is this the real ny speaking or the one she wishes she were?

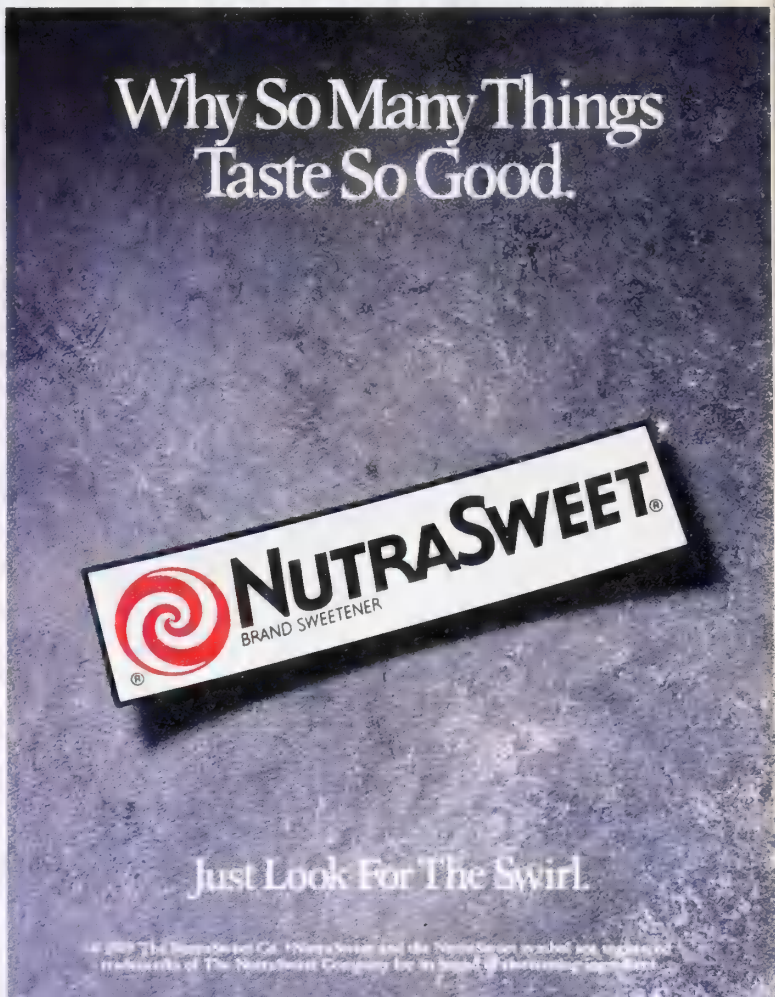
"I thought I wanted something more, too, Jenny," he says. ıt it all began to feel so complicated. I kept looking at you l seeing your children. You smelled like candy all the time. vas like you were being trailed by everything in the world t matters most.

"The other night," he says, "I drove by your house. I stopped ront and just sat in my car. I could see all of you sitting und a table, laughing."

"We were teaching the kids to play Go Fish," Jenny says. "It looked like Dave was singing."

"Yes, he was," Jenny says fondly. "Peter, Paul and Mary gs," and in spite of herself she *(continued on page 230)*





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PARENTS' JOURNAL

A GUIDE TO CHILD REARING IN THE EIGHTIES

By Mary Mohler and Margery D. Rosen

When parents make mistakes

By Penny Colman

How many times have you lain awake regretting something you did (or didn't do) or said (or didn't say) to your children? Most parents have spent at least a few sleepless nights regretting their mistakes. And we all know, too, that such fretting doesn't really help. "Parents make mistakes because they lack information or have incorrect information about raising children. Or they don't have specific skills such as the ability to listen and communicate clearly," notes Stella Chess, M.D., professor of child psychiatry at New York University and co-author of *Know Your Child* (Basic Books, 1987). But, she points out, "children are resilient, and parents' mistakes are not irrevocable."

Here, then, advice on how to stop dwelling on what you *should* have done and start planning what you *will* do.

RESIST FEELING GUILTY "Beating yourself up is just a dandy way to get out of responsibility," notes Chess. Better: Take a deep breath and consciously move beyond feeling guilty. One mother, Cam Earnest, from Hemet, California, found that "being honest is the best way to get rid of guilt. Once it's out in the open, we can talk about what went wrong, figure out ways to avoid a problem in the future, and get on with other things."

SEPARATE YOURSELF FROM YOUR BEHAVIOR "Our self-esteem can be so tenuous, especially when we know we've made a mistake," notes Jane C. Conoley, Ph.D., director of the child psychotherapy clinic at the University of Nebraska at Lincoln. "But making mistakes doesn't mean parents are bad; it just means they're human." Remember, the words "I love you even though sometimes I don't like what you've done" also apply to parents.

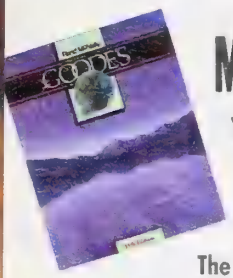
ASSESS THE MISTAKE Ask yourself, "So what?" What, if any, are the consequences of this mistake? Then try to determine what to do. Is an apology in order? A heart-to-heart talk or a new, long-term strategy for dealing with a problem? Consider, too, joining a parent support group or talking to a professional counselor, who can help you focus on a solution you can't see.

STOP MAKING THE MISTAKE Of course, that's a lot harder than it sounds. But, notes Eda LeShan, parent educator and author of *When Your Children Drive You Crazy* (St. Martin's, 1985), "Children learn by example, example, example. So don't just talk about what you're going to do, start doing it."

SAY YOU'RE SORRY Even a toddler can understand that. "And apologizing reassures your child that it wasn't his fault," says Chess. Louise Fougner, a New Jersey mother of two, believes children benefit from knowing adults make mistakes with each other. "My husband and I let our children see that we apologize to each other."

KEEP THINGS IN PERSPECTIVE "Remember all the mistakes you haven't made," says Mary Olowin, M.D., a child psychiatrist from Lafayette, California. Acknowledging a mistake is not an admission of failure but rather an important part of maturing as a parent. Express your love and keep on trying.

CALL TO ARMS? "Every day, ten kids are killed by handgun suicides, homicides and accidents," says Katherine Christoffel, M.D., a pediatrician at Children's Memorial Hospital, in Chicago. "No one can believe that our founding fathers, in drafting the second amendment, intended to leave American children so vulnerable."



Mommy, where did the dinosaurs go when they died?

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GRADES 1–6

The New Book of Knowledge (Grolier). 21 volumes; revised annually; yearbook available. Written in an easily comprehended style and chock-full of illustrations.

World Book Encyclopedia (World Book, Inc.). 22 volumes; revised annually; yearbook available. A curriculum-oriented encyclopedia with a long tradition of excellence in readability, accuracy and authoritativeness.

The Facts On File Children's Atlas by David and Jill Wright (Facts On File, Inc., 1987). An informally written atlas with colorful maps and information on how to use them, plus interesting trivia.

Macmillan Dictionary for Children (Collier-MacMillan, rev. ed., 1982). Colorful, easy-to-use design, with simple, clear definitions makes this an inviting choice through middle grades.



GRADES 5–9

Collier's Encyclopedia (Collier-MacMillan). 24 volumes; revised annually; yearbook available. Well-written and illustrated with outstanding articles in the arts, humanities, social sciences.

Goode's World Atlas by John Paul Goode. Edward Espenshade, Jr., Editor (Rand McNally, 18th ed., 1989). Physical, political and economic atlas arranged by continent and region.

The American Heritage Student's Dictionary (Houghton Mifflin, rev. ed., 1986). A basic dictionary, which also contains illustrations and marginal notes with grammar and usage.

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ONE MOTHER'S STORY

Michael's orchestra

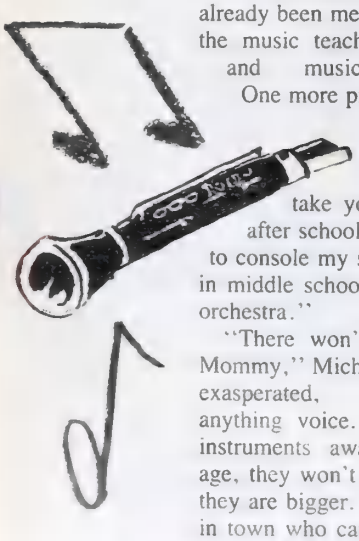
By Evelyn Berlin

"School is dumb!" announced my nine-year-old son, Michael, as he stormed into the house. "And I'm never going back." He flung his book bag on the floor.

"What happened this time?" I reacted calmly to Michael's outburst. My son has attention deficit disorder (A.D.D.) and is unable to focus on schoolwork for a sustained period. Frustrated by the demands, he regularly threatens to drop out.

"The superintendent is gonna cut out the only good thing about school—the music instrument program." Michael tossed his jacket on top of the book bag and kicked them both across the living room. "Next year, fourth graders won't get the chance to play stringed instruments," he moaned, "and fifth graders will lose out on band instruments. It's not fair! I've been practicing the clarinet all year, and I want to be in an orchestra." Michael turned to me. "Write a letter to the superintendent and tell him off, Mommy."

I knew it was virtually hopeless. The superintendent's decision had already been met by an outcry from the music teachers in the system and music-loving parents. One more protest from an adult would only fall on deaf ears.

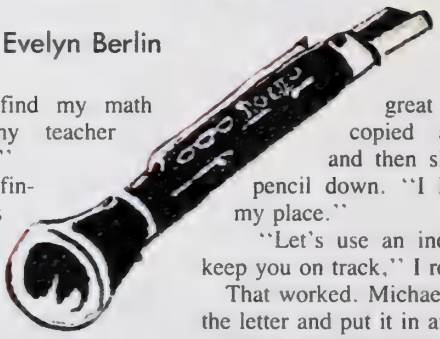


"You can still take your clarinet lessons after school next year," I tried to console my son. "When you're in middle school, you can join the orchestra."

"There won't be an orchestra, Mommy," Michael countered in his exasperated, don't-adults-know-anything voice. "If you take the instruments away from kids my age, they won't be interested when they are bigger. I'll be the only kid in town who can make music, and you can't have an orchestra with one musician."

I hugged Michael. "Tell me why this is so important to you," I said.

"I can't do anything right," he began, "except play the clarinet. In reading, I lose my place all the time. My friends write better than me. I can never find my math homework, and my teacher thinks I never do it."



When Michael finished pouring out his heart, I said, "Maybe *you* should write the superintendent. I think you have a lot to say."

"I can't, Mommy. I can't think and write at the same time."

I understood. So Michael and I sat in front of the word processor. He told me what to say, and I typed in the words for him.

"Looks great," announced Michael. "Let's mail it right away."

"Not yet," I said. "You have to copy it over in your handwriting."

"No way!" screamed Michael. "That will take a year."

"I know, but if you don't, the superintendent will think that a grown-up wrote it."

What followed were the trademarks of a typical parent-and-A.D.D.-child interaction:

Michael threw himself on the floor. "I'm not gonna do it." He kicked his feet.

"Yes, you are." I grabbed his hands and tugged gently, pulling him to a reluctant stand.

"I don't wanna." Michael plopped down on the chair. "And you can't make me."

I hugged him. "You must be really upset about the orchestra to act like this. I bet you'll feel better once your letter is written." I felt Michael relax his taut muscles.

"All right, I'll do it." He picked up a pencil and began to write. After twenty minutes he had completed only half the letter. "I just can't do any more," he wailed.

"Let's take a break," I said. "You've done a good job so far."

That evening, my son returned to the letter. With great effort, he copied a sentence and then slammed his pencil down. "I keep losing my place."

"Let's use an index card to keep you on track," I replied.

That worked. Michael completed the letter and put it in an envelope.

"This letter won't do any good," sighed Michael. "The superintendent isn't going to listen to a kid."

"You're probably right, Michael, but when you believe in something, you have to stand up for it."

A few days later, the superintendent met with the teachers. Using an overhead projector, he enumerated his budget cuts, step-by-step. There were no surprises. Finally, he came to the music program.

"I had planned to cut out instrumental music," he said, "until I received this letter." Then he projected Michael's letter for all to see. *Dear Mr. Superintendent, I am a fourth grader in your school district. I don't want you to cut the music program because I've practiced clarinet and I really want to get into the school orchestra.*

I have attention deficit disorder, and all my friends can do better work than I can. Making music is one of the only things I can do better than my friends. I don't think it's fair to cut the music program. Sincerely, Michael Berlin

After the meeting, Michael's teacher excitedly phoned me. "Michael made a difference, where all of us had failed. The superintendent decided to fund the program."

That evening I found Michael hunched motionless in a chair.

"What are you doing?" I asked.

"I'm tucking this day away," he explained, "for when I feel like I can't do anything right. Then I can pull it out and remember that I was the one who saved the orchestra."

OCTOBER IS LEARNING DISABILITIES AWARENESS MONTH. Does your child have a learning problem, or do you suspect he does? During the month of October, you can call this toll-free number for more information, 800-237-1237. Or write to the Association for Children and Adults with Learning Disabilities, 4156 Library Road, Pittsburgh, PA 15234.

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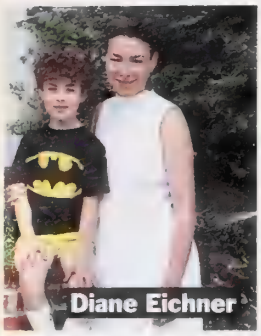
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how would you handle it? YOUR CHILD WANTS TO PLAY NINTENDO ALL THE TIME.

■ **DIANE EICHNER, 40, Washington, D.C., three children—7½ and twins, 2½** My father gave Daniel Nintendo for his seventh birthday. At first, I was less than thrilled with the idea, so before the game even entered the house we all sat down and established some rules. Our family is very democratic (I should say, benignly autocratic), but since Daniel helped to devise these rules—one hour of either Nintendo or TV (not both) before dinner and after practicing the piano—we've never had a problem. Just in case, though, we made a large sign listing all the rules and keep it posted right by the VCR.

■ **LINDA BAKER, 41, learning specialist, Berkeley, CA, three children—12 and twins, 9** Being flexible has been the key for us. Our kids have lots of other interests, so I'm not terribly worried that they'll sit in front of the TV for hours on end. But in the beginning, it was very enticing, so we agreed they could play one hour a day, after homework was done. They could pick the time. On weekends, or when they were sick, they could play a little longer. As with everything, I've noticed that as long as we don't make a big deal out of it, they seem to keep it in perspective, too.


Diane Eichner


Terri Elliott



Linda Baker

■ **TERRI ELLIOTT, 32, Wahoo, Nebraska, four children—9, 7, 5 and 18 months** When my son first got Nintendo as a present for his ninth birthday, he fully expected us to pay for the new games. When we said he had to save up his allowance, he did and was very surprised how long it took! So now he rents games from the video store, also with his own money, or trades them with friends. And when friends come over, we set a limit of fifteen minutes on playing. There's been another benefit to all this: I actually think the game has improved his concentration.

HEALTH WATCH Teens and steroids By Dava Sobel

Canadian track star Ben Johnson made headlines at the Olympics last year when he had to relinquish his gold medal after drug tests revealed he had been taking anabolic steroids to improve his performance. What most parents don't realize is that those same drugs can be had in school locker rooms.

"Any kid can get them," maintains David R. Webb, M.D., F.A.C.S.M., associate director of the Center for Sports Medicine at St. Francis Memorial Hospital, in San Francisco. A 1988 study in the *Journal of the American Medical Association* reported that an overwhelming number of teenage steroid users get the drugs either from dealers at gyms or unethical health professionals.

Experts believe between 6 and 15 percent of all high school boys, many younger than sixteen, have either tried steroids or are using them now. (Though girls try steroids, too, boys are by far the major users.) Many of these kids just want to look good on the beach and are ignorant of the drugs' side effects. Some are temporary and will disappear when drug use stops: increased muscle mass, dramatic mood swings, impotence, decreased sperm count, more facial hair, acne. Other more serious complications may be irreversible: impeded growth, predisposition to early heart attack or stroke and, in rare cases, liver failure or liver cancer. What's more, steroids create a potent psychological addiction, making it hard to stop.

What's the solution? Schools must institute strict policies of random drug testing and penalties, Webb believes. "Anyone caught using steroids should be thrown off the team." How could you tell if your child is using steroids? Look for these sudden changes: ■ He looks more muscular, has more facial hair or acne, or has puffiness around the eyes. ■ He needs more money. (The drugs are costly.) ● He acts unusually aggressive or has fits of rage.



"Once you know your child is using steroids, work with him to stop—cold turkey," says Webb. There's no medical risk in stopping abruptly.

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JANE FONDA

Actress, aerobicist, activist, producer. Jane Fonda plays many roles, but her most challenging may be her newest: single again

"I'm stronger than ever"

By Christopher Andersen

It is the day before Jane Fonda plans to file for divorce. It is also one of the most trying times in her life, but Fonda is not about to whine. She is wearing gray sweatpants and a workshirt that matches both her sneakers and her enormous Wedgwood-blue eyes. As she sits cross-legged on a floral-print couch in her living room, she talks—for the first time—about her split from Tom Hayden, '60s radical-turned–California state legislator.

"To pretend that the ending of a seventeen-year marriage is not painful is to betray reality," concedes the star, pausing to weigh her words. "I've never felt this kind of pain. It leaves you raw, vulnerable. Now, when you're faced with something that painful, you have two choices: You can go down, go under—just cave in out of fear of what it means to be single again. Or you can say this is to open doors that I've never even thought of opening in my life."

This is precisely the undaunted attitude you would expect from a woman who, at fifty-one—and looking fifteen years younger—has fearlessly pursued every goal that captured her fancy. A two-time Academy Award–winning actress, Hollywood mini-mogul and controversial political activist, Fonda is also, of course, America's aerobics and fitness queen. Her books

(continued)



TAKE THIS FAMILY QUIZ!

As a Mother, what would you do if . . .



1. A handsome Major asked to marry you?

a) Laugh – because he popped the big question just days after meeting you.
b) Wait to see how his Marine Corps discipline goes over with your three high-spirited daughters.
c) Change your liberal, outspoken views to match his – or change his?
d) Ignore logic and just do what your heart tells you is right.
e) Watch *Major Dad* every Monday on CBS and see whether love or war is declared.

MAJOR DAD
Starring Gerald McRaney and Shanna Reed
MONDAYS 8 PM/7 CENTRAL

2. Your family life became a zoo?

a) Explain to Rover that he is, in fact, a seal – not the family dog.
b) Save a zoo full of animals by fighting a callous big-city bureaucracy.
c) Alone, raise a teenage son who's discovering girls, a daughter who's adjusting to a new school, and a son who's getting into all the mischief a 6-year-old can.
d) Somehow find the strength and hope to keep smiling.
e) Watch *Peaceable Kingdom* every Wednesday on CBS and see how a single mother can run two zoos at once.

PEACEABLE KINGDOM
Starring Lindsay Wagner
WEDNESDAYS 8 PM/7 CENTRAL





3. Your husband snoops into murder?

a) Ask him to find another hobby.
b) Remind him that he's a *professor* of criminology and real criminals are more deadly than textbook ones.
c) Help him solve crimes by using your contacts among Washington's elite.
d) In conversations, zing him whenever possible – just to keep him humble.
e) Watch *Snoops* every Friday on CBS and discover how to keep mystery and love alive in a two-career marriage.

SNOOPS
Starring Tim Reid and Daphne Maxwell Reid
FRIDAYS 8 PM/7 CENTRAL

GET READY

MAKE PLANS TO JOIN OUR FAMILY.

ANSWERS: The correct answer is – all of the above (though we're quite partial to answer (e) and we think you will be, too

and tapes have sold millions; her *Workout* tapes are among the best-selling videos of all time.

To get through the current emotional turmoil in her life, Fonda says, "I've been working on myself." Still sorting out her feelings, she is seeing a psychiatrist for the first time in nearly twenty-five years. "I never thought I'd see the day when I was 'off to see my therapist.' It's so Hollywood," she says wryly. She also relies heavily on her small circle of "wise, loving and supportive friends. I really feel they helped save my life. I am very lucky."

Since her separation from Hayden last February, Fonda has continued to live in their unprepossessing upper-middle-class home in Santa Monica. The couple's sixteen-year-old son, Troy, divides his time between Santa Monica and his father's apartment in Sacramento. Jane's twenty-one-year-old daughter, Vanessa, from her previous marriage, to French director Roger Vadim, lives with her mother during breaks from her studies at Brown University, in Rhode Island, where she's a senior.

From the outside, with its chimneys and slanting shingled roof, Fonda's house resembles a quaint English country cottage. Step inside, and the ambience is, as Fonda puts it, "Spanish mixed with California contempo-



Jane Fonda and Tom Hayden were all smiles in '87 when they posed with son Troy (above); daughter Vanessa stepped out with Mom earlier this year

rary." From a wall above the staircase, four striking Warhol portraits of Jane stare out over the cavernous living room, with its skylights, soaring twenty-foot ceilings, white stucco walls and exposed timbers.

Atop a huge Parsons table are ens of silver-framed photogra Vanessa and Troy; Jane hammin up with her *Nine to Five* co-stars D Parton and Lily Tomlin; Jane with dad, Henry, and with Hayden and ish Solidarity leader Lech Walesa the head of the stairs, there's ano reminder of the woman who lives h an elegant carved-oak bureau p high with running shoes. It may well be Fonda's commitment to fit that saved her life last June. Duri hiking trip through Sequoia Nati Forest with Femmy DeLyser, auth *Jane Fonda's Workout Book for P nancy, Birth and Recovery* and soon-to-be-published *Jane Fon New Pregnancy Workout and T Birth Program*, Fonda decided to f out ahead. "I said, 'Follow me,' " calls the star, "and then took eight miles in the wrong direction no food and no water."

Fonda was missing some th hours before she was spotted picked up by helicopter. "It was a p experience," she says, curling up the floor to show how she kept he warm using only a thin thermal emergency blanket as overnight t peratures dipped below 40 degree "I had always wondered how I'd have if left to my own devices in wilderness, and now I had the cha to find out. One way I kept calm wa imagine all my friends who would come hysterical in the same situat Somehow that was reassuring. N know why I've been working out these years—to be strong enoug get through something like that."

Back to the big screen

As always, her work sustains Jane's two Oscars (for *Klute* and *C ing Home*) are not among the mem bilia in her living room. They are shrined—along with her Emmy *The Dollmaker*, three Peoples' Ch awards, several Golden Globes a wallful of awards from the video in try—in her office eight blocks awa

Right now, Fonda is hoping t *Old Gringo* and *Stanley and* —her first movies since *The M ing After*, in 1986—will add to her rels. Much is riding on the Fonda- duced epic *Old Gringo*, which co-s Gregory Peck and *L.A. Law* he throb Jimmy Smits and is due out month. Plagued from the outset delays, *Old Gringo* was e years in the making at Fonda Fi

Fonda was still involved with *Golden Pond* when she read Ca Fuentes's novel about an Amer schoolteacher who finds herself ca up in the Mexican Revolution and lives of two men—famed Amer

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rnalist Ambrose Bierce and a
nal character, a young fireb
eral in Pancho Villa's arm
ect of the story that most a at her
Fonda was the father-daug or in the
ationship between her m her of-
Bierce, played by Peck. ost casual
All you have to do," say diet regi-
s becoming moist at th t, she savors
celebrated father, "is
and I start to cry. najor female
gine, it's always been mits only to
charged subject for me. about the
f her co-stars, Fonda say ows old-
e real gentlemen—I mean stron-
n—professional, generous, K she
ny. No ego hangups." Although sh
nits that Peck's acting "looks seam-
, almost effortless," on the screen,
legendary star was as "hungry,
ven and passionate as any young
or" during filming. Fonda was "ab-
utely blown away" by Smits. "Jim-
is awesome," she says. "Stardom
a lot to do with sexuality, and,
ring some career mistakes, he is
ng to be a very big star."

ccording to the tabloids, however,
da's interest in Smits was more
n professional—they were quickly
ked as a duo off the set. Tabloid
ies have also suggested that Fonda
Hayden were long headed for di-
ce court; over the years, Hayden is
nored to have had affairs with sev-
l women. But Fonda refuses to com-
nt on such reports or the reasons
ind her divorce. She won't even say
ether she's dating anyone now.
u only owe the public your public
sona," she insists.

adows of the past

nically, the public persona has
sed her plenty of problems. Peren-
anti-Fonda sentiments, simmer-
ever since her notorious trip to Ha-
during the Vietnam War, were re-
dled during filming of *Stanley and*
, the second movie, due for re-
e in December. On location in Wa-
ury, Connecticut, a small number
rotesters picketed during filming.
ople need scapegoats to focus their
ed and their venom on because
are so angry," Jane says of the
esters. "The fact that I'm a light-
g rod saddens me, but I understand
How can *they* be expected to put the
to rest when I can't?" After a
ne-time apology to Vietnam veter-
and their families during a Barba-
Valters interview on *20/20*, a secret
ting with the vets, and a local ap-
rance at a fund-raiser for the
dicapped children of victims of
nt Orange, Fonda finished the
ie without incident.

or Fonda, *Stanley and Iris* was also
norable because it gave her the chance to work opposite Robert De Niro. "Bobby was one of my father's favorite actors, and now I can see why," she says. "They both have the same quiet integrity on the screen." In the film, she plays a factory worker who teaches an illiterate man how to read. "It's a romantic story. He's a grown man—very intelligent, very good-looking—and he can't read. I have to get him," she explains, puckering her lips, "to wrap his mouth around words like *bird* and *woman*. To me there's something very sexy about that." More important, says Jane, "this story deals with an enormous social problem, and it does it without being preachy."

Indeed, Fonda has long excelled at turning weighty issues into commercial films—including *Coming Home*, *The China Syndrome* and *Nine to Five*. After *Rollover* flopped in 1981, however, Fonda spent three and a half years "trying to sort things out. I've always sort of played on the edge in my personal life, but careerwise I don't take risks. When I pour my heart into something and it fails, it hurts. I kept asking myself, where did I go wrong? What happened, and why?"

While taking stock as an actress, Fonda forged her career as a fitness guru. "So then," she says, laughing, "I started worrying about *that*. My God, I thought, is this going to destroy my being thought of as an actress? You know what? No problem. Depending on who you are, I am a mature woman, a political activist, an athlete, an actress, a producer. God, come to think of it, I'd better slow down!"

Usually, when she wants to do just that, she retreats to Laurel Springs Ranch, her one-hundred-sixty-acre spread perched high in the Santa Ynez Mountains overlooking Santa Barbara and the Pacific. The ranch doubles as a camp for L.A.-area kids—a mix of movie stars' children as well as disadvantaged or disabled youngsters. "The air is something," she sighs. "I could stay there for months."

Not that she's likely to find the time. Most days in Santa Monica, Fonda gets up around six, has a light breakfast (usually cereal) and heads for her production company. Her next two movie projects are an English-language remake of the Spanish film *Women on the Verge of a Nervous Breakdown* and the screen version of Neil Sheehan's best-seller about Vietnam, *A Bright Shining Lie*.

In between her many commitments, she tries to squeeze in an hour or so of exercise each day, alternating running, biking, hiking, *(continued)*

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and tapes have sold millions; her *Workout* tapes are among the best-selling videos of all time.

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Jane Fonda and To
Hayden were al
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mming and aerobics either at her verly Hills Workout studio or in the all gym down the hall from her of-. Surprisingly, she is almost casual en it comes to her own diet regi-n. No vegetarian purist, she savors occasional Big Mac.

At an age when many major female rs have faded, Fonda admits only to ng "a little concerned" about the es she'll be offered as she grows old-"I'm happier, healthier and stron-than I've ever been in my life," she ists. "Sure, I wish I was forty again. t I'm not, so why waste time moan-about it? Besides, I don't think I'm ng to have a normal career. Don't get—I am the number-one major e-starter—living proof that it's nev-oo late. I'm going to be growing and eriencing into my nineties."

The key to success, Fonda finds, is piness in your personal life. "If 're not happy there, it shows up rywhere else." She is speaking m recent experience. "Contrary to ief, I am not Wonder Woman. I lack fidence. I am vulnerable. But," she s, "I am also resilient, definitely a vivor."

etween parent and child

e hopes that she's passed these lities along to her children as well. ile she has rarely discussed them, da describes Vanessa as "intense, llectual, analytical, independent, remely forceful but emotional, ." Conversely, Mom sees high-ooler Troy as "mellow, easygoing very funny."

Having been both the child of a fa-us parent and a famous parent her-, Fonda is sensitive to the unique ssures brought to bear on a celebri-children. "Some movie stars' kids brought up to believe that 'Oh, my , we've got to protect this national nument, this perfect human being,' you as the child know it ain't so," says. "So I've tried to demystify whole thing, to let my kids see my lts and insecurities. Not that I'm ebody everyone idolizes, mind you. nessa and Troy have got all my bag-e to lug around—the political con-versy, the movie stardom, the work-stuff."

er divorce hasn't made things any ier on the children. "Going through vorce, to what extent do you allow r pain to be visible to a child?" she s rhetorically. "I'm not going to de-ish the feelings they have for their ier. No way. When you're really ting, there's a tendency to do and all kinds of things about the other parent. I'm a very stable person, but I was in agony when I realized how easy it would be to use the children as weapons. Oh, my lord, what is going on? What are we doing to our children? As a parent, I have got to put the children first, to turn this trauma into something bearable and positive. I had to get well not only for myself but for my children."

She will need strength to weather what may turn out to be a nasty divorce. Hayden earns about $40,000 a year as a state assemblyman, but California's community-property laws could entitle him to half of Fonda's holdings, whose estimated worth is between $30 million and $100 million.

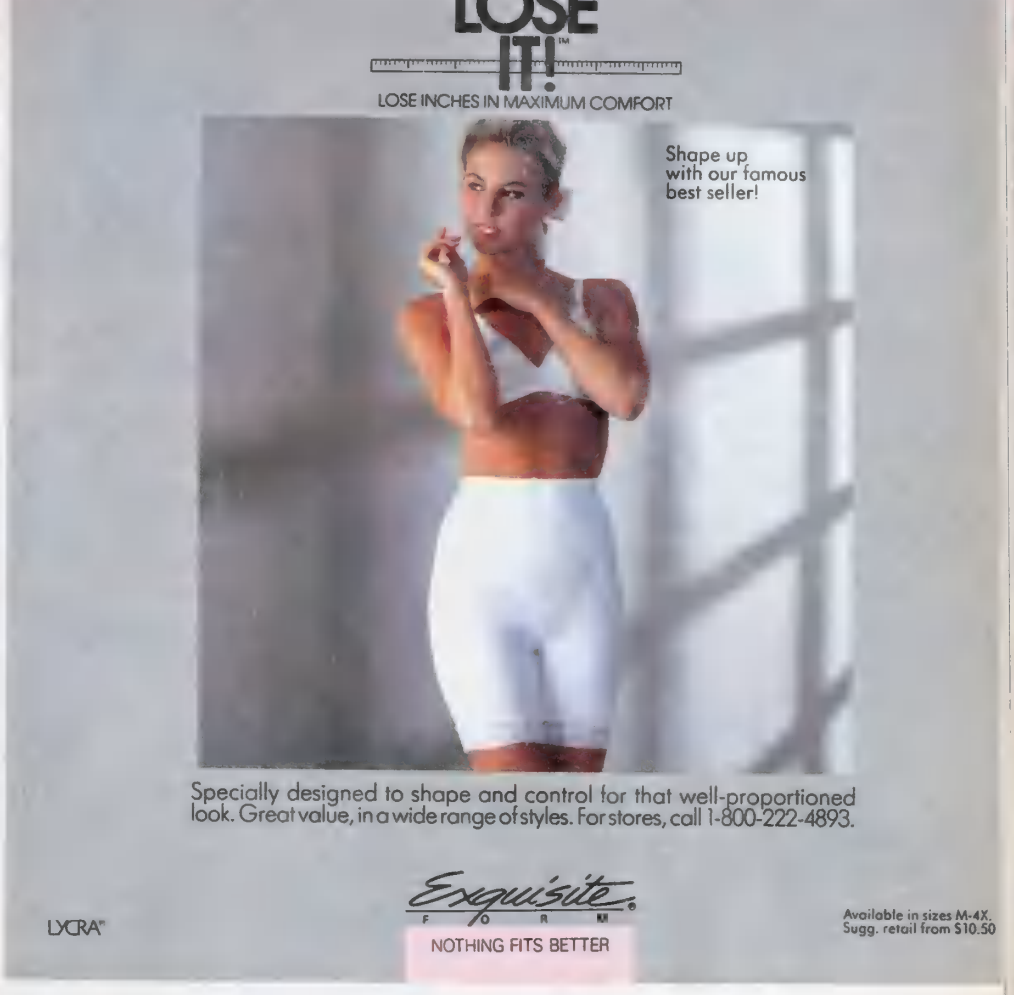
Fonda maintains that her children have actually benefited from the breakup. "It's like living with an alcoholic, where there's a problem but nobody's talking about it, where you are constantly waiting for the other shoe to drop," she says. "Sometimes it's better for the shoe to drop, if afterward the child realizes, 'Hey, I'm not going to slip through the cracks. I still have a mother and father, and they still love me.'" Troy, she says, "has blossomed, and I think it's because he's seen that I'm happier and his father is happier."

And who will get custody of the couple's political causes?

"I was a political woman before I met Tom," Fonda says. "I'll just be my own person now. My gut-level attraction is to grass-roots organizations rather than Democratic party politics. I don't want to lose my idealism. After seeing it from the perspective of a politician's wife, I'm more convinced than ever that citizens have got to do it themselves—politicians won't do anything unless they're pressured." To this end, Fonda will continue to be on the steering committee of Campaign California, a political and environmental action group that Hayden chairs.

She is optimistic about her future. "I'm entering a new phase that I have absolute and utter confidence is going to be the most happy, productive, creative, *wonderful* time of my life. If you had asked me six months ago, I would have had a very different answer. But now I know it as well as I know my name," she says, flashing that megawatt Fonda grin. "I can't wait to open those new doors and see what's behind them!" ■

Christopher Andersen writes frequently about celebrities for Ladies' Home Journal. His latest book, "The Best of Everything," will be published this month by Simon & Schuster.



MEDINEWS

By Sally Squires

TO HELP YOU AND YOUR FAMILY STAY HEALTHY

Choice contacts

There's a dazzling array of contact lenses these days: better bifocals, disposables, lenses of every hue. Blinded by the options? Focus on the facts: ● HARD LENSES Most are now rigid gas-permeable (permitting oxygen flow to the eye), and some are extended-wear. They generally correct vision more effectively than soft, but may be less comfortable at first. Most must be cleaned and disinfected daily. First-year tab including care: about $400. ● SOFT LENSES Disposables can be worn for up to a week, then pitched. However, such convenience is costly—$470–$700 yearly. People who want comfort for less money ($180–$420 a year) can opt for standard soft lenses, which must be cleaned and disinfected daily. Extended-wear soft lenses—$240–$500 a year—can be worn for up to a week before cleaning and disinfection. ● SPECIAL LENSES come in hard and soft varieties. Tinted contacts correct vision *and* change eye color. (They cost around $600 per year.) Bifocal lenses have been improved in recent years. First-year cost: up to $1,000. Toric lenses, which are custom made, help restore normal vision to people with severe astigmatism (abnormal curvature of the cornea). Cost: up to $700.

Health hotlines

Who has the most up-to-date information on asthma? How can you find out about the latest treatments for Parkinson's disease? What's the best way to ease a migraine? No matter what your medical question, turn to Health Hotlines, a new directory of addresses and toll-free phone numbers of 250 helpful organizations. For a free copy, write to Hotlines/LHJ, National Library of Medicine Information Office, 8600 Rockville Pike, Bethesda, MD 20894.

Sweet dreams

Do you sleep soundly while your mate tosses and turns? Women—especially young women—sleep better than men. Researchers at the University of Colorado Health Sciences Center, in Denver, say that female sex hormones protect against sleep apnea, a disorder that causes a person to wake up repeatedly during the night. Apnea affects more males than females, but post-menopausal women are more likely than premenopausal women to develop the disorder. Hormone therapy may ease symptoms.

Better biopsies

A diagnostic test that leaves the breast intact could cut the number of surgical biopsies dramatically, now that it is more widely available, says Kambiz Dowlat, M.D., a surgeon at Rush Presbyterian–St. Luke's Hospital, in Chicago. The Mammotest fine-needle aspiration biopsy system—which uses a sophisticated imaging technique—pinpoints lesions too small to be felt and examines them by extracting a tiny cell sample. The test is still under study, and requires highly trained specialists to interpret the results. For information, call 303-450-4306.

Lifesavers

Bone marrow transplants—once the last hope of cure for thousands of Americans with some types of leukemia and other blood disorders—are saving more lives than ever before. Unfortunately, many people cannot find a donor whose marrow matches closely enough for the procedure to work. If you are a healthy adult under age fifty-five, you could save a life by joining the National Marrow Donor Program, which helps patients with blood disorders find compassionate strangers willing to donate healthy marrow. Although donors experience some soreness after their marrow is collected, they can usually go back to work within a day or two. The donor's medical expenses are mostly covered by the recipient's medical insurance. For more information, send a SASE to: The National Marrow Donor Program, 100 S. Roberts Street, St. Paul, MN 55107.

Sally Squires is a health writer at the Washington Post. She is also the co-author of "The Stoplight Diet for Children" (Little, Brown, 1988).

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trend

Want to improve your health, reduce stress and be rewarded with a sense of pride and satisfaction? Many women are finding a simple solution—take up a hobby

GETTING Crafty!



Ralph Bogerman

From cross-stitch to stenciling, there's renewed interest in crafts and the satisfaction of making something lovely with your own two hands

By Judith Kelman

At the fabric shop, Mary loves to browse through the bolts of solid cottons and calicos, then find the precise shade of thread to match. As she pays for her purchases, she thinks of the time she will spend later that evening, after the children are asleep, working on the quilt she's making for her sister's trousseau.

A scene from *Little House on the Prairie*? Hardly. The year is 1989, and the shop is a crafts boutique in trendy Southern California. Mary is a young mother of two with a part-time job, a hectic home life and a car-pool schedule that keeps her always on the go.

With all these pressing obligations, you'd think the last thing Mary would want is a hobby. But she's convinced that it's critical to have something in her life that she does solely for her *own* satisfaction.

More and more Americans are practicing their crafts these days. A recent study by Market Facts, a market-research firm in New York City, found that more than 70 percent of U.S. families have at least one hobbyist in the house, and over half of the holdouts say they may get involved in the future.

And despite women's steady influx into the work force, they are taking up hobbies in ever greater numbers, according to Susan Brandt, of the Hobby Industry of America. "Hobby manufacturers recognize the limits on people's time," she says, "and they have responded with a host of new products that make it possible to get faster, better results. People are now able to skip some of the tedious steps and still produce quality items."

Having a hobby can also boost your sense of well-being. Mental-health experts have discovered that the time spent on a strong leisure interest reduces stress and makes it easier to cope with other demands. "People cannot do a good job or relate to others unless they are meeting their own needs," says Pierre Mornell, M.D., a psychiatrist in Mill Valley, California.

But which hobbyhorse to ride? Here's a rundown on today's hottest crafts and tips on how to get started.

Wearing your art on your sleeve

Remember when a paint smudge meant an outfit was ruined? No more. Today, a few strategic spots of color can turn an ordinary garment into a one-of-a-kind work of art. Simple T-shirts, sweats, denims, canvas totes and sneakers can be transformed into the chic *(continued)*

THE AMERICAN SPIRIT



English born and American bred, 34-year-old NINA DAVIS is an antique conservator who preserves the beauty of the past for the future. In the present she studies acting, writes poetry and gives her time to help the homeless.

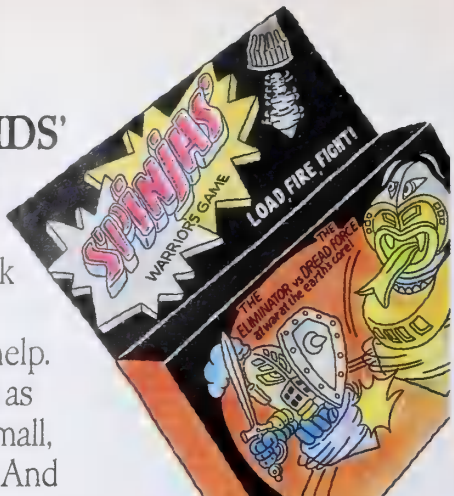
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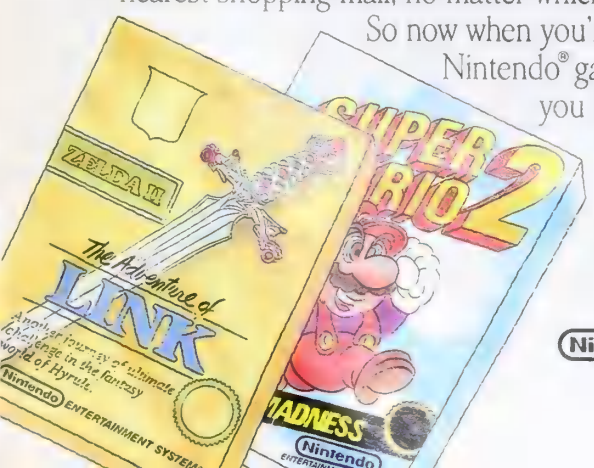
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■ GETTING CRAFTY
continued

and unique with the applicatio paints, dyes, studs, fabric appli or stitchery.

"Wearable art is booming," Maggie Johnston, vice-president marketing for Delta Technical C ings, a manufacturer of fabric pai dyes and stains. "Anything that ca used to decorate a shirt is in huge mand." She reports that sales for ric-decorating materials have so 100 percent in the past year alone

Judy Kaufman, of Stamford, necticut, is one of the devotees. " gan painting children's sweatsuit give as birthday presents," says K man, a forty-four-year-old manage senior-citizen residences and the m er of two teenage daughters. "I'd the child's name on the shirt and u design that reflected her special in ests, such as ballet or gymnastics. er times I painted a favorite cartoo film character.

"The children loved getting somet made just for them," Kaufman a "and I enjoyed making the gifts so m that I started painting clothing for a friends and my own family."

There are paints on the market puff, shine and glitter. Special m ums are available that can be ap to fabrics to prevent colors from b ing. Heat-sensitive synthetics ma possible to iron on appliqués and decorations if you don't like to Best of all, most fabric paints and are now nontoxic and water-based

Start-up costs are quite reason You can buy inexpensive plain sw shirts and paint them with special ric pigments—widely available craft- and art-supply stores and stationery and gift shops—for a two dollars per shirt. The stores carry pamphlets with easy-to-f instructions and patterns you trace or copy.

If you do have trouble finding plies, Delta will help you locate a in your area or send you free ins tions and project sheets. Call 800 4135; in California, call 213-686- or 818-579-5420.

Patching things up

If quilting sounds impossibly old- ioned, think again. Today's quilt likely to be an active young w who wants to give her home touch the popular country look.

"Modern quilters are drawn b appeal of tradition and the ea modern methods," explains N Martin, publisher of *That Patch Place* near Seattle, the largest pu ing house in *(continued on page*



Residential real estate broker SALLIE ANN HART successfully combines career and family. Wife of an architect/developer and mother to four, she is also an avid supporter of Aids and cancer research, two causes close to her heart.

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Jacket, jewelneck top, straight skirt, cowls at neck and waist ***$94*** *(prices may vary at some locations).*

self-help

Do you feel trapped in a mental rut? Here's a way to get rid of your self-defeating negative thoughts, making your mind work for you instead of against you

"WOULDA/COULDA/SHOULDA"



How to avoid no-win thinking

By Arthur Freeman, Ph.D. and Rose DeW

Remembering the past can be an enjoyable exercise in nostalgia. But it can also be a painful, counterproductive process when you look back on some decision that turned out badly: "If only I'd accepted that job, I wouldn't be in this mess." Or, "If only I'd married John, I'm sure I'd be happy and fulfilled now." With twenty-twenty hindsight, you see exactly where you went wrong—in love, in careers, in anything.

We call this fruitless pattern woulda-coulda-shoulda thinking. It's a destructive repetition of thoughts about what would have been, what could have been, what should have been *if only things had been different*. This type of thought process immobilizes you. Caught in the quagmire of the past, you simply give up on the present and the future.

From WOULDA, COULDA, SHOULDA. Copyright © 1989 by Arthur Freeman, Ph.D., and Rose DeWolf. To be published by Silver Arrow Books, an imprint of William Morrow & Co., Inc.

It's possible for misery-making thoughts to race through your mind so quickly you aren't even aware of them. Instead, you're aware of only their effects—you feel low, uptight, out of control. If this sounds familiar, you've probably gotten into the habit of thinking in negative ways.

Maybe you have never associated the word *habit* with the way you think. Most of us tend to think of a habit as a physical action—usually a negative one, like smoking or biting one's nails. But a habit is simply something a person does continually without being conscious of it. As we develop habits of action, we develop habits of thinking, too.

You have a woulda-coulda-shoulda thinking habit when you allow past frustrations *(continued)*



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WHY NOT SPEND A LITTLE LESS.



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The Budget Gourmet® Slim Selects™ Mandarin Chicken Entree, around $1.99.*

©1989 The Kitchens of The American Gourmet Company *Price May Vary

WOULDA/COULDA
continued

govern your thinking about the sent or future. It's not a single neg-ve thought but rather a combination hinking errors.

he following mental errors are the t common manifestations of woulda-da-shoulda thinking. Once you're re of these mistakes of the mind, 've taken the first step toward elimi-ng this destructive thought pattern.

n mistakes of the mind

or-nothing thinking

s is the belief that if you don't have it you have nothing. Something is er black or white, good or bad. If you 't win, you have lost *everything*.

or instance, Sandy had developed e personal problems during her hman year at college and fell behind her work. Eventually, she felt she no choice but to drop all of her rses. "I'll start fresh next year," she l to herself. But instead, Sandy took a Now, at thirty-one, she finds herself trated and wishing desperately that d completed college. "If I'd stayed in ol when I was younger, everything ld be different today," she says. "But it's too late. If I started now, I'd be ty-five by the time I graduated."

Sandy is an all-or-nothing thinker. She probably didn't have to drop *all* of her courses; she might have been able to complete the work for two or three. But by deciding it was all or nothing, Sandy set herself up for a missed opportunity. She is doing it again at thirty-one.

Perfectionism

A close relative of all-or-nothing thinking is perfectionism, the belief that if you do not perform flawlessly, you will be disgraced. This gets people into a lot of trouble because it's impossible to be perfect 100 percent of the time. You're always dissatisfied with yourself. And sometimes if you can't do something perfectly, you end up doing nothing.

Bob was very excited when he was asked to come up with a new marketing plan for his division. He knew if he did a good job, it would get him noticed. Bob worked hard, but it never seemed good enough. Eventually, the deadline came and went without his turning in the report. By trying too hard to do a flawless job, he did no job at all.

Overgeneralization

This sort of mistaken thinking leads you to generalize a single event to all events. If it happened to you once, it will always happen.

For example, Debbie had always wanted to be a writer. So she submitted an article she was proud of to a local magazine. A week later, the article came back in the mail along with a form rejection letter. Debbie was crushed, and she couldn't bring herself to try again. "I guess I don't have what it takes," she concluded. Debbie accepted this one judgment as universal, forgetting that most writers suffer a round of rejections before their first success.

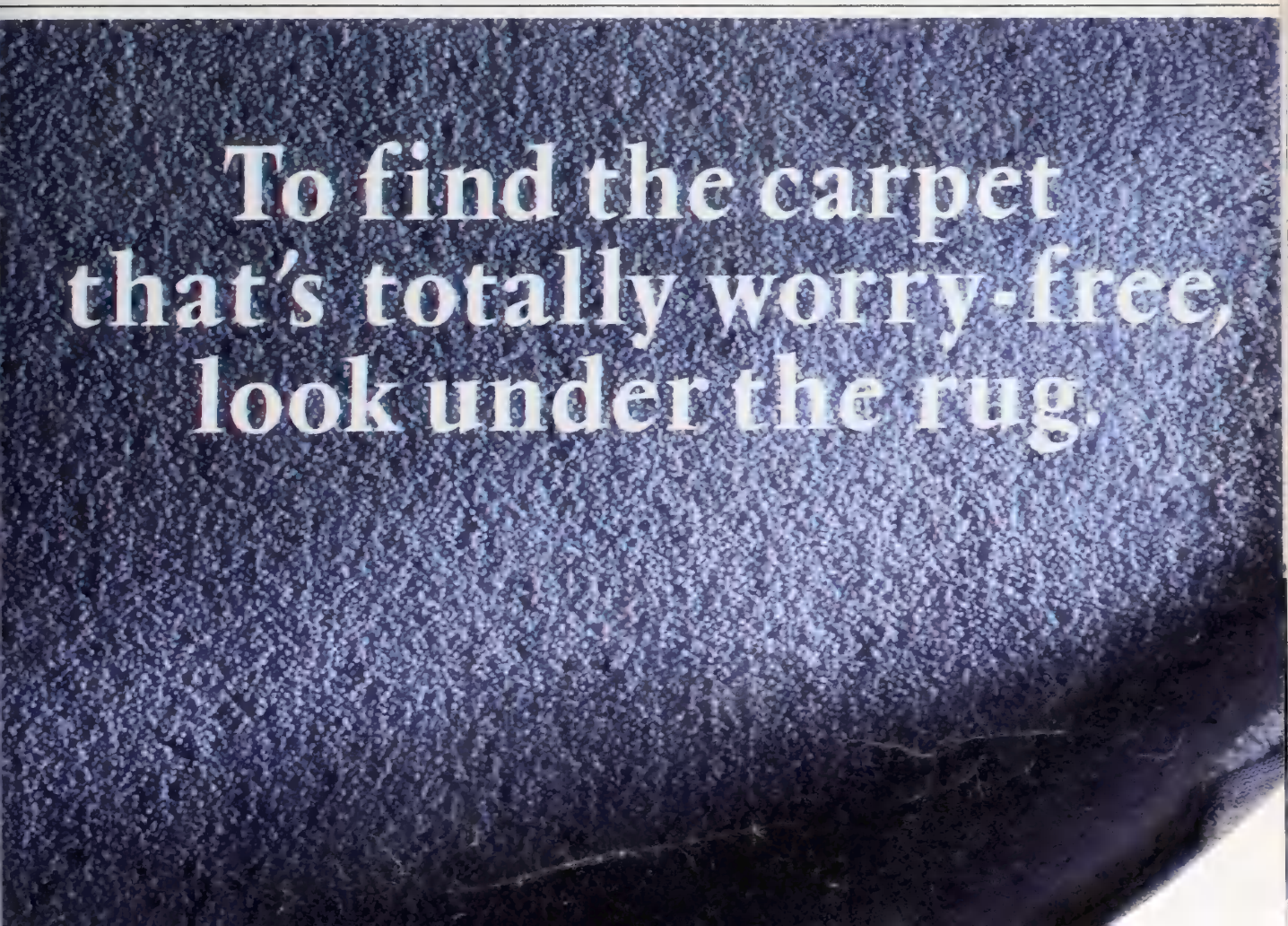
Catastrophizing

There are two components to catastrophizing. One is that old favorite "making a mountain out of a molehill." You magnify the potential results of any mistake: "I'm going to be late for that party. I know the hostess will hate me and never invite me to another one. All the guests will think I'm terribly rude. My social life is ruined."

The second component of catastrophizing is total surrender when a true catastrophe strikes. For example: "I've lost my job, and I'll never find another. There is no point in going on."

Comparing

We live in a society that teaches us to compare ourselves with others from an early age: "Your cousin Kathy got all *A*s on her report card. If you applied yourself, you could get *A*s, *(continued)*



WOULDA/COULDA
continued

too." This competition is not always such a bad thing, unless in making comparisons, you *never* measure up: Others are always happier, worthier, more famous, more successful.

For instance, Jane felt a cloud of gloom descend when she read in the paper that Edie, who used to work in her office, had just received a great promotion. Jane deemed herself a total failure. Although she didn't really know whether Edie's life was successful in all respects, she assumed that the whole world was comparing her—negatively—to Edie.

Unquestioning acceptance of critics

Too often we define our entire self-worth by what others think of us. Obviously, some criticism is warranted. But think twice before listening to those who are always making blanket negative statements about you.

Some people are never pleased, no matter what you do: "Look, Ma, I got six *A*s and one *B* on my report card." "Why did you get a *B*? Weren't you paying attention?" Or: "I got a new car." "Yes, but it's not a BMW." These are people who are trying to pressure you into feeling unworthy or incompetent, as if you woulda-coulda-shoulda done better.

If you are already feeling negative about yourself, critical comments can plunge you into despair. That is why you must ask, "Who is telling me this? How reliable is this critic?"

Mind reading

Mind reading is another name for jumping to conclusions, and it can cause trouble in a variety of ways. You might assume you know what someone else is thinking. ("He's mad at me, I'm sure. There's no point in asking. I know what he'll say.") Later, you may discover that you were wrong.

Mind reading works the other way, too, when you assume that others should be able to read *your* mind. "He should have known I was upset"; or, "They should have realized I wanted that job." Even though we sometimes make good guesses, human beings cannot read minds.

Personalization

Some people take as an affront an event that may have nothing to do with them.

For instance, Nicole worked out a reorganization plan for the sales department of her company and sent it to the vice-president for approval. But the VP sent it back with a letter explaining that he had decided against reorganizing the department at this time. doesn't like me," concludes Nicole. ing this decision personally may a Nicole's future relationship with th and place a psychological barrier i career path.

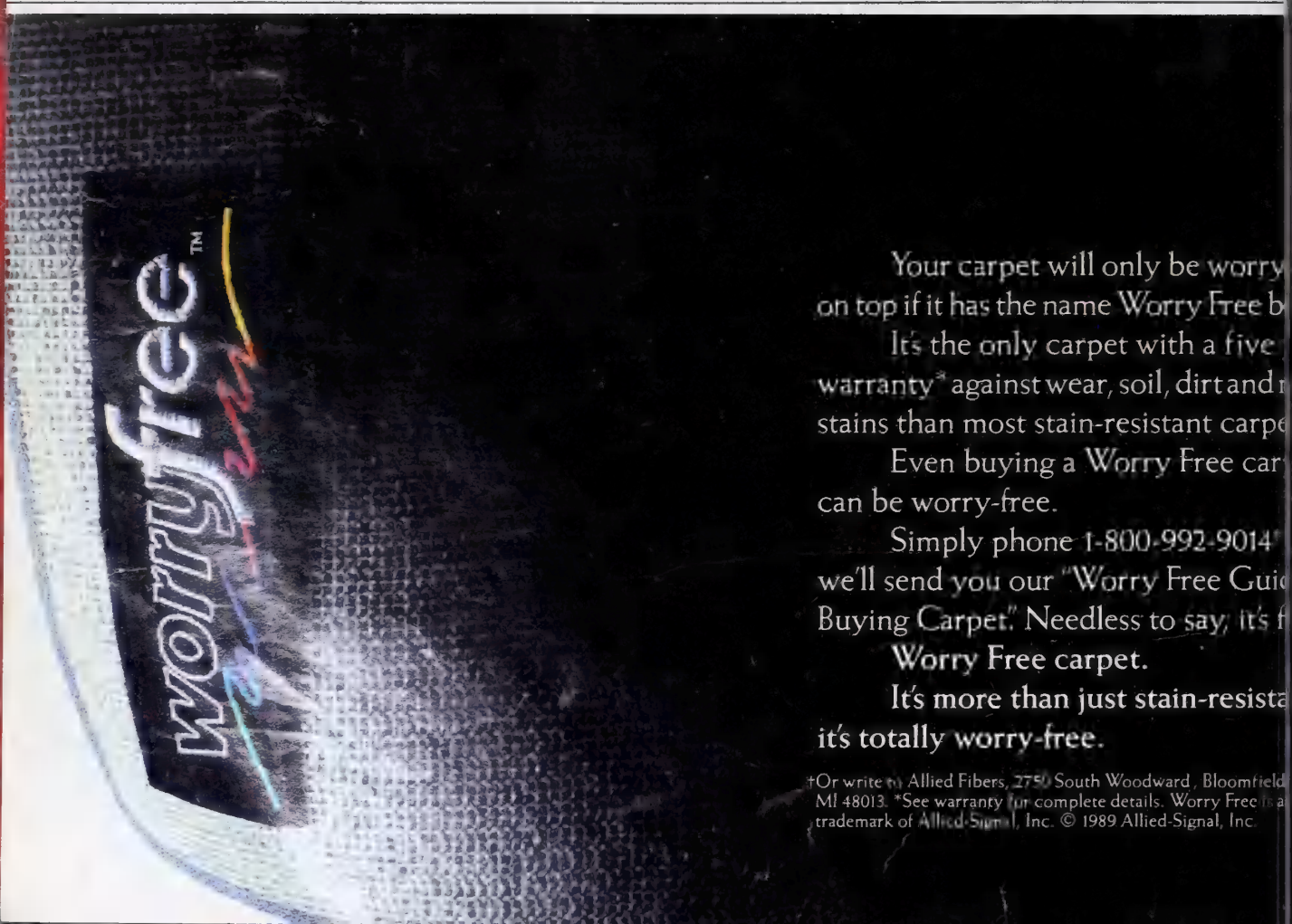
Fortune-telling

This error of thinking assumes tha should always know what is cor Your internal crystal ball should n you in advance. The fortune-teller "I should have known better" and feels guilty.

When you play this game, you make an assumption that if things gone in a different direction, the come would have been terrific. "If c had married Larry," says Liz, "I'd happy today." Maybe so, but maybe

Emotional reasoning

Once other errors of thinking beg overwhelm your common sense, yo likely to find that this one follow most automatically. You begin to inadequate . . . You begin to *feel* l failure. From this you conclude tha *are* inadequate, that you *are* a fai You let your gut feelings overw your common sense. Instead, you begin to think more clearly and act change your negative feelings. In way, you can *(continued on page*



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The Delta Queen is the last of the truly authentic riverboats—so much a part of America's heritage, she's listed on the National Register of Historic Places. She rolls out of the early morning mist resplendent with stained-glass windows, brass fittings, rich, exotic wood, scrolled lattice work and a breathtaking staircase. Travelling the Delta Queen is like being the guest of honor in a fine old home.

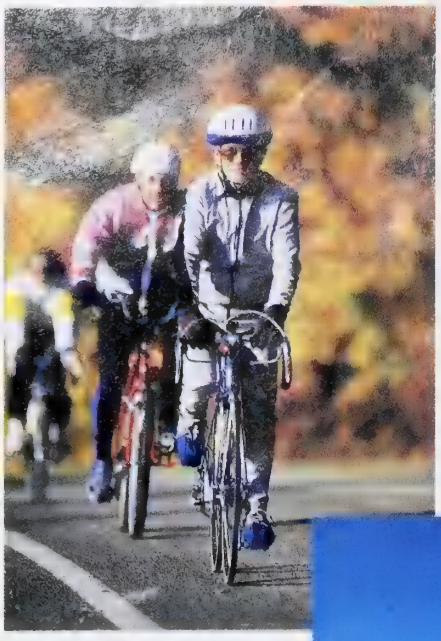
The magnificent Mississippi Queen, on the other hand, is a state-of-the-art steamboat replete with a Jacuzzi, gym, sauna, movie theater, library and more! Her seven luxurious decks feature beveled mirrors, lovely art and polished brass. Come hear her melodic tunes steaming from the world's largest calliope. Revel at the froth from her giant, red paddlewheel.

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Bicyclists take in the sights around Bloomington; a look at the trees surrounding Strahl Lake in Brown County State Park, in Indiana



Autumn splendor

The best of FALL FOLIAGE

Take some time out to look at the flaming hues before they fade. Here, ten states with first-rate foliage and accommodations
By Jeff Bliss

FALL FACTS

Many states we haven't mentioned also have beautiful autumn sights. Check out the Andrew Wyeth browns and golds of the Brandywine Valley in Pennsylvania; the sunburnt mountains of New Mexico; and the colorful views in Kentucky and Washington State. You might want to look into train trips in Montana or a trip to the Arbor Lodge in Nebraska, where National Arbor Day was first observed. No matter where you go, remember that the leaves generally turn first in the higher elevations of the northern states and that fall lasts approximately from September through October. For a state-by-state update, call the local U.S. Forest Service.

INDIANA

The U.S. Forest Service recommends the Hoosier National Forest in south central Indiana as one of its prettiest properties in the fall. Most camping is on a first-come-first-served basis, but try calling 800-284-CAMP to reserve a site for about six dollars.

If you'd like to ride horseback while looking at the leaves, take a brief respite at the French Lick Springs Resort. It features golf and tennis and a health spa. To the north, bike on one of the many colorful routes in Bloomington. From here, travel to Brown County State Park, where you can see a quilt of colors. For information, write Indiana Division of Tourism, IN Capitol, Suite 700, Indianapolis, IN 46204.



VERMONT

With their lazy, sloping curves, Vermont's roads force you to slow down and take a good look at the mosaics of color. A leaf-peeper's paradise, the state has no billboards to block your view of the farms and pastures that are placed against a backdrop of birches and sugar maples. Cows are omnipresent in fields, paintings and on T-shirts. They've always been prized by the natives for their economic importance and also for the way they embody the state at its best: gentle, slow-moving nature. *(continued)*



Wedding music played
and fans hummed,
while in the pews
children and adults alike
fidgeted.
In a nearby room
Ellen Keeffe,
as countless brides
before her have,
suddenly
became nervous.
Sensing this,
Ann Connors,
(Ellen's trusted confidante
throughout
brownie scouts,
pierced ears,
summers at the lake,
and college beaus),
whispered words only
a maid-of-honor could,
to a now smiling Ellen,
and presented to her
an appropriate token
of their friendship.



M.J. Hummel®

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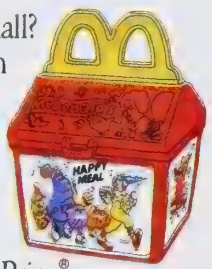
The ultimate display of affection.

BUY FISHER-PRICE'S® McDONALDS HAPPY MEAL® AND GET OUR GREAT SERVICE FOR DESSERT.





Sure, Kay-Bee Toy Stores are known for their friendly service, but that's just the icing on the cake. Did you also know they're as close as your nearest shopping mall? That means with one quick trip you can pick out all the latest toys at prices that'll make your mouth water. So if you're hungry for a Fisher-Price® McDonalds Happy Meal,® why not come on over to Kay-Bee and get one to go.





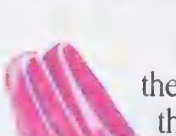


Fisher-Price® KAY-BEE AMERICAS TOY STORE

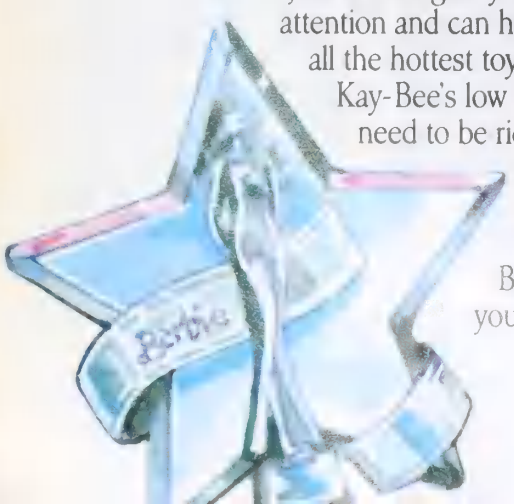
McDonald's Happy Meal is a trademark of McDonald's Corporation.

SHOP FOR SUPERSTAR BARBIE® WHERE YOU'RE A SUPERSTAR.





At Kay-Bee Toy Stores the minute you walk through the door, you'll get the star treatment. Because the people at Kay-Bee know just how to give you plenty of attention and can help you find all the hottest toys. Plus, with Kay-Bee's low prices, you don't need to be rich and famous. You just need to go to your nearest shopping mall. Once you shop for Superstar Barbie® at Kay-Bee you'll be a fan forever.





Mattel KAY-BEE AMERICAS TOY STORE

TRAVEL TAL

(continued) To avoid the crowds, travel to the northern p the beginning of the foliage s (September), where the colors first. You'll have a better chan getting a room, and since the st small, you can take day trips sou such autumn showcases as the Mountain National Forest or the Mountains of New Hampshire.

Resorts and bed and breal abound in the state. At the Equinc



In a Jeep on the Camp Bird Road, south Ouray, Colorado, you can get a spectacu view of the trees

Manchester Village, you can lod the same spot where the Green M tain Boys plotted against the Br Wherever you decide to go, book and be mindful that many places re at least a two-night stay during the period (late September to early ber). For more information, writ Vermont Travel Division, 134 Street, Montpelier, VT 05602.

COLORADO

From September through Oct southwestern Colorado celebrates turning of the leaves with Colo Many towns host special events su a children's rodeo, kayak races Jeep jaunts into the mountains. A the most spectacular attractions ar helicopter rides—the best way to how the yellow of the as spreads from the mountain peak the valleys below.

For a more earthbound adver sightsee in Ouray, which *(contin*

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You've probably seen our famous grill-ranges, cooktops, and wall ovens.

And maybe you've seen our state-of-the-art refrigerators, dishwashers, microwaves, and trash compactors.

But maybe the feature you've really wanted to see with our kitchens is a sale tag.

So here it is. Your chance to save on superior Jenn-Air products. From September 1 through November 30, you can eive a cash rebate of $100 when you buy specially selected Jenn-Air cooking appliances. nd when you buy additional appliances, you save even more. Up to $400. Talk to a rticipating Jenn-Air dealer for details. He's in the Yellow Pages.

JENN-AIR

9 Jenn-Air Co. 3035 Shadeland Ave. Indianapolis, IN 46226. Rebates from your Jenn-Air distributor apply to specially-selected models.



THE MORE YOU BUY, THE MORE YOU SAVE. UP TO $400.

Spend 24 hours as a cat and you'll swear off supermarket pet food forever.



6 a.m.: Utilizing energy stored during sleep.

7 a.m.: Preening–along with quality fat in diet–promotes a shiny coat.

8 a.m.: Eating a concentrated, balanced mix of essential nutrients.

9 a.m.: Balanced nutrients and fatty acids keep nose and footpad leather pliable.

10 a.m.: Repairing cell tissues during nap.

11 a.m.: Even while sunning and dozing on a win dow ledge, leg muscles a being flexed.



Noon: Jumping five times one's height.

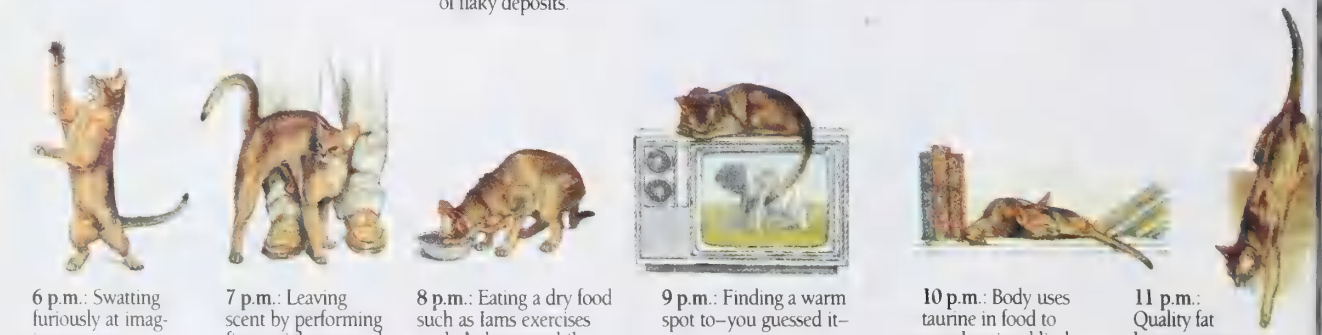
1 p.m.: Long, deep sleep rebuilds muscle.

2 p.m.: Metabolizing linoleic acid in fat helps keep skin free of flaky deposits.

3 p.m.: A cat that feels good, looks good. And flaunts it.

4 p.m.: Nature calls. More meat protein means more food is absorbed which means less stool.

5 p.m.: Stop to pla with a ball.



6 p.m.: Swatting furiously at imaginary prey.

7 p.m.: Leaving scent by performing figure-eights around your feet.

8 p.m.: Eating a dry food such as Iams exercises teeth and gums while reducing tartar.

9 p.m.: Finding a warm spot to–you guessed it–nap.

10 p.m.: Body uses taurine in food to guard against blindness and heart disease.

11 p.m.: Quality fat keeps energy at optimal level.



Midnight: Stretching and tensing aids muscle tone.

1 a.m.: Getting into mischief and the knitting.

2 a.m.: Catching another 40 winks.

3 a.m.: Low magnesium in diet helps prevent F.U.S.

4 a.m.: Vitamins in food promote clear, alert eyes that quickly adapt to night vision.

5 a.m.: Meticulous grooming improves and coat. But it's no stitute for eating a b anced diet.

Sleeping two-thirds of the day away may not look like hard work, but your cat still requires the maximum nutrition in Iams to look and feel her best.



Because much like the lion, who sleeps 20 hours a day, cats burn up massive amounts of energy in short bursts. Like jumping five times their height to swat at a moth.

So, to replenish that energy, your cat needs the concentrated, complete nutrition contained in Iams. She needs its real meat protein–which is easier to digest and utilize than the vegetable protein found in most supermarket cat foods and results in smaller stool. She needs its quality fat for a shiny coat. Along w an optimal balance of carbohydrates, vitamins and minerals.

For the kind of efficiency that pays off in a healthier cat, l for Iams Cat Food or Kitten Food. You won't find it in supermarkets, but you will find it in pet stores, feed stores and veterinary offices. For more information, call us toll-free at 1-800-525-4267 (IAMS).

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ntinued) has a nineteenth-century and the colossal beauty of the sur-nding fourteen-thousand-foot moun-s. You can stay at the Ouray Vic-an Inn or the Wiesbaden Hot ngs Spa and Lodgings, which in-les a Vapor Cave with natural hot ngs.

y taking U.S. Highway 550 south n Ouray to Durango, you can enjoy isurely tour of the state's colors. road has been dubbed the Million lar Highway, in part because the en aspen leaves resemble splash-f gold coins. For more information, tact the Colorado Tourism Board, 5 Broadway, Suite 1700, Denver, 80202; 800-433-2655.

IFORNIA

against the glitzy crowds of Lake oe are the yellows and crimsons of area's autumn. Just south of Tahoe can travel to Hope Valley in Alpine nty to view the spreads of aspen and birch. On the lake board the Tahoe Queen or the M.S. Dixie for a sunset, dinner or daytime sternwheeler cruise. Then take Route 89 north to the western rim of the lake. Perhaps as you peer out onto Tahoe's waters, you'll understand why the Washoe tribe considered its banks sacred.



***M.S. Dixie* and the *Tahoe Queen* ply the waters of Lake Tahoe**

If you wouldn't mind a little civilization, rent a condominium or house, many of which include saunas and easy access to the casinos.

As you continue north on 89, you can admire the red patches of dogwoods. For more information, write the Lake Tahoe Visitors Authority, P.O. Box 16299, South Lake Tahoe, CA 95706; 800-AT-TAHOE.

MAINE

In many parts of the state, there isn't the usual separation between the forest and the ocean. For a different kind of foliage tour, try one of the coastal trips outlined in the travel bureau's brochures. One route takes you through the mid-Maine coast area, which includes Pemaquid, where you can admire the lighthouse; on another tour, you can roam along the jagged shoreline of Acadia National Park and around the only fjord on the U.S. Atlantic coast, Somes Sound. Further west, check out President Bush's summer haunt of Kennebunkport and stay at the Nonantum Resort, which features a marina.

For more *(continued on P.S. 11)*

Why do 4 out of 5 visitors return to Louisiana?

Louisiana fascinates people! A big part of that fascination derives from the fact that the everyday events of life are cherished and celebrated in a unique way. That attitude toward life is set against a cultural backdrop that is equally unique. The combination is something not found anywhere else and folks are enthralled by it.

Throughout 1990, Louisiana will put on its best bib and welcome travelers to **Louisiana Open House**. You should strongly consider a visit during 1990, but you will be made to feel more than welcome in any year. And, if you're like 4 out of 5 visitors, you'll be back.

HAVE YOURSELF A SPICY LITTLE CHRISTMAS



Hot gumbo instead of snow.

A Creole Christmas in the French Quarter — shopping delights and that world-famous cuisine. Papa Noël and all that jazz!

Extravagant bonfires on the Mississippi River levee in front of grand plantations — Christmas belles and old traditions.

Cajun Christmas with a French twist — holiday good times in the region that has become America's foreign address. Christmas Festival of Lights on the Cane River (look for it in *Steel Magnolias*, the movie). A Christmas Boat Flotilla — Christmas fun on the bayou! Light extravaganzas begin in November and occur throughout the season.

Give yourself a Christmas to remember! Send the coupon for your special Christmas packet.

Send ☐ *Travel Guide and highway map*
☐ ***Louisiana Open House** information*
☐ *I am a travel agent/tour operator (business card enclosed)*

Louisiana Office of Tourism/P.O. Box 94291/Dept. 501/Baton Rouge, LA 70804-9291

NAME _____ ADDRESS _____

CITY _____ STATE____ ZIP____ TELEPHONE_____

Month I plan to visit _____

Text by Carolyn B. Noyes. Produced by Susan M. Parkes

Crowning glory

There she is . . . radiating beauty that's truly more than skin-deep. Here, secrets to the Miss Texas success



Miss Texas mentors Richard Guy and Rex Holt

When a Miss Texas took the victory walk at the last five (yes, five!) Miss USA pageants, each one paraded the winning ways of Guyrex, the beauty gurus who teach the Lone Star State's lovely contestants how to put their best selves forward. The team insists that it's positive self-image that gives their girls the edge—not any makeup or diet gimmicks. The basic tenet of Guyrex grooming: You always look better on the outside when you feel great on the inside. Below, how Guyrex turns a philosophy into runaway runway success.



THE FIVE ACES The glamorous Guyrex gals who've led Texas to an unprecedented Miss USA winning streak: Michelle Royer (1987), Gretchen Polhemus (1989), Laura Martinez Herring (1985), Christy Fichtner (1986) and Courtney Gibbs (1988)

■ **CONSERVE ENERGY!** It takes only fourteen muscles to smile but seventy-two to frown. Remember, your expression is the most important thing you wear.

■ **DON'T HIDE BEHIND MAKEUP**—it is meant to complement the natural beauty of a woman, not to create a mask. Keep your routine simple: Stick with neutral earth tones for eyeliner and shadow. Finish with a little mascara, rouge and light-colored lipstick.

■ **EXPRESS YOURSELF** Experiment with different hairdos and clothing, but don't try to be someone you're not—the style you settle on should be the one that not only looks but *feels* best on you. Keep in mind that classic clothes and solid colors are timeless and know no boundary of style or fashion.

■ **MOTHER ALWAYS TOLD YOU TO STAND UP STRAIGHT?** So does Guyrex. Practice your posture in front of a mirror: hold your abdomen in and your vertebra straight. With your heels together and toes pointed slightly outward, walk a straight line, one foot directly in front of the other.

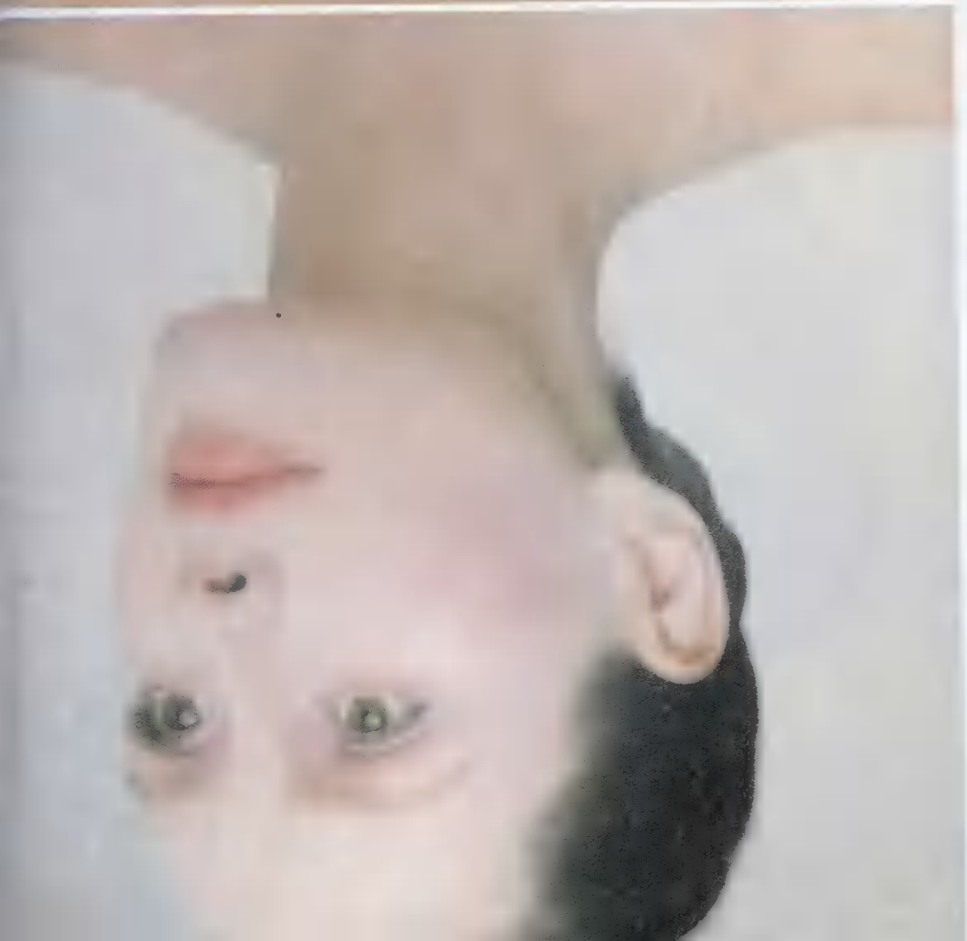


A winner for life . . . meet

Courtney Gibbs

"If I could give a girl a present, I would give her a year of Guyrex," says Miss USA 1988, Courtney Gibbs. A former model, Courtney was accustomed to projecting an image other than her own, but after 365 days of intense workouts, meticulous grooming, public-speaking lessons and wardrobe fittings under Guyrex's guidance, she learned how to present her personal-best style. Today, Courtney is preparing for a TV career. "It's quite a change for me," she says. "I was once afraid of public speaking!"







CLEAN, YET SOFT: THE TWO FACES OF BASIS®

The ideal soap should give you the perfect balance of really clean, yet soft skin.



Basis is such an ideal.

It deep cleans your skin, without stripping it of precious moisture. And leaves it soft, but not greasy.



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Its gentle cleansers clean thoroughly, removing dirt and make-up deep in the pores.



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RTH CAROLINA

983 builders finished the Linn Cove
duct, a 1,243-foot suspension
ge that brings you close enough to
reds and golds of the forests without
roying them. It has now become
of the main stops on the Blue Ridge
kway, considered by many to be one
he best foliage drives in the nation.
arther south, near the artistic com-



u can improve your golf game and enjoy colors on one of North Carolina's four ndred golf courses

unity of Asheville, stands Chimney
ock, a scenic overlook that can be
ached only by an elevator cut through
enty-six stories of granite.

Of course, because the parkway is so
opular, a leisurely drive can often turn
to a bumper-to-bumper hassle. If
ou'd prefer a less-hectic view of au-
mn, take Route 276 south to Route 64
est. Known as the Waterfall Country,
ne area features Lake Toxaway, for-
erly a getaway for such moguls as
P. Morgan. On the lake you can stay
t the Greystone Inn, a restored Swiss
evival mansion where you can take
fternoon tea on the sun porch. For
nore information, write the State of
North Carolina Travel Divison, 430 N.
Salisbury Street, Raleigh, NC 27611;
00-VISITNC.

MICHIGAN

The state has sixty-five varieties of deciduous trees (those that turn colors), the most in the country. With half of Michigan covered with forest, you can go almost anywhere to see the aspen, hemlock, birch, maple, and more.

Begin in the northern corner of the lower peninsula, heading south on M-119, the Tunnel of Trees, a road lined with the fall shades. After driving through the resort town of Harbor Springs, continue south to Traverse City. To the east you can end your day at the Hidden Valley Resort, a Swiss Alpine retreat.

Far to the south lies Michigan's fruit-and-wine region. With a glass in your hand tour the Warner Vineyards in Paw Paw; to literally taste the fruit of Michigan's labors, drive south to Eau Claire's orchards.

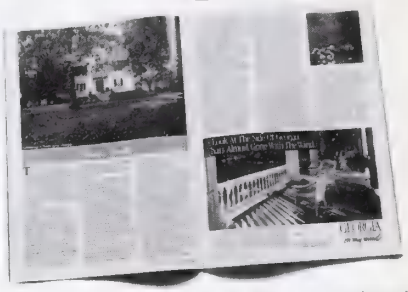
The upper peninsula offers a more untouched look at the leaves. With Lake Superior in the background, you can view the birches and maples mixed with the constant wintergreens of the spruce and pine on the Keweenaw Peninsula. For more information, write the Michigan Travel Bureau, P.O. Box 30226, Lansing, MI 48909; 800-543-2YES.

OREGON

Looking for a New England fall on the West Coast? Try a foliage tour through the Willamette Valley, in the west central part of the state. After their long trek on the Oregon Trail across the Plains, pioneers settled here and built quaint schoolhouses and covered bridges reminiscent of the East.

Taking I-5, 99W or 99E south from Portland, you can stop by one of the valley's many vineyards. To the east you can get a room at a number of retreats. Kah-nee-ta Resort is run by the Confederated Tribes of Warm Springs; at meals you can dine on Indian fry bread and clay-baked hen. At bedtime, you can sack out in a teepee or soak in a mineral bath and then retire to a more conventional room. *(continued)*

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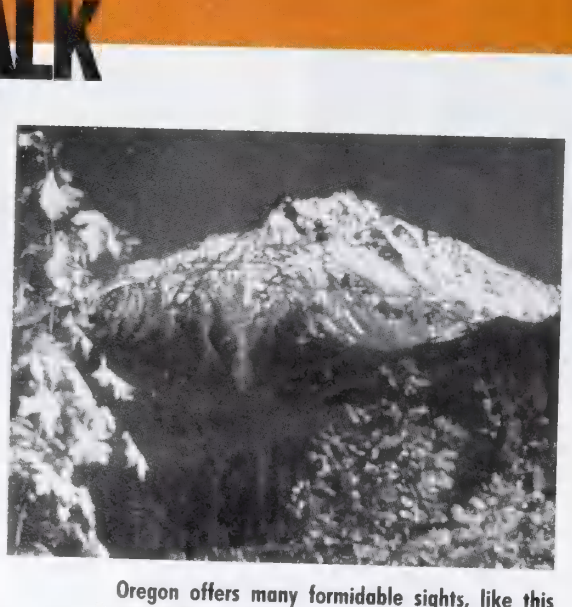
Return to: GEORGIA, Box 1776, Dept. LJ10, Atlanta, GA 30301; 1-800-VISIT-GA.

GEORGIA *on my mind*



TRAVEL TALK

For a leaf trek that's unmistakably Western, try Wallowa County, in northeastern Oregon, near the Idaho border. At the Flying Arrow Resort, you can lodge in one of its cottages in the sheep-dotted and aspen-colored valley, and take day trips to the summit of Mount Howard and Hat Point, which overlooks Hells Canyon. For more information, contact Oregon Economic Development Department, 595 Cottage St. NE, Salem, OR 97310; 800-547-7842.



Oregon offers many formidable sights, like this one of Mount Jefferson

TENNESSEE

Three prime fall areas converge in southeastern Tennessee: Cherokee National Forest, the Great Smoky Mountains National Park and the Appalachian Trail. Because people swarm to the beauty of the maples and oaks, and the region's fall events, you should make reservations in advance.

Outside Chattanooga, the Fall Color Cruise and Folk Festival, which alone attracts 85,000 people, includes square dancing, bluegrass music and a flotilla made up of scores of private cr the Tennessee River.

To the east, Cherokee Nationa est offers white-water rafting, ca and hiking. For a spectacular lo nature with minimal retouches man, continue northeast to the Smoky Mountains. Near Gatlinbu the Sugarlands Visitor Center yo get a general view of the golds an transforming the range. If you wi stay overnight, you can either ro or take it easy: LeConte Lodge, lo on top of a mountain, is accessible by foot trails; Wonderland Hotel the less ambitious but still has an u turbed atmosphere due to its no-ph no-TV-no-radios policy. For mor formation, write Tennessee Touris velopment, P.O. Box 23170, N ville, TN 37202; 615-741-2158.

WISCONSIN

Believe it or not, with the blazing red maple and birch blooming all this state actually attracts only sp crowds in the fall. Wisconsin h Rustic Road system on which you drive and sample the produce at occasional fruit stand.

Door County, on the shores of L Michigan, is one of the primary a regions and a perfect place for watching. You can start your tou Brown County's Green Bay, after ing a football game with the Pack the ultimate mud-and-grind team. T Route 57 northeast through the vaca community of Sturgeon Bay and t Route 42 to Egg Harbor, where you lodge at the Landmark Resort. Betw spates of time in the sauna and wh pool, wander the secluded grounds enjoy the view of Green Bay. Dr back south on Route 42 to Point Be State Forest for a lakefront look the golds and greens of the birc and evergreens.

In Wisconsin, wherever there's lake, there're leaves, and the north speckled with them. A highlight is Pa son State Park, where a 165-foot wat fall sprays the surrounding cedar, m ple, hemlock and spruce.

For more information, write Wisco sin Tourism Development, 123 W Washington Ave., P.O. Box 760 Madison, WI 53707; 800-432-TRIP.



CREAMY BAKED CHEESECAKE

(Makes one 9-inch cheesecake)

1¼ cups graham cracker crumbs
¼ cup sugar
⅓ cup margarine or butter, melted
2 (8-ounce) packages cream cheese, softened
1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)
3 eggs
¼ cup ReaLemon® Lemon Juice from Concentrate
1 (8-ounce) container Borden® Sour Cream

Preheat oven to 300°. Combine crumbs, sugar and margarine; press firmly on bottom of 9-inch springform pan. In large mixer bowl, beat cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Add eggs and ReaLemon® brand; mix well. Pour into prepared pan. Bake 50 to 55 minutes or until center is set; top with sour cream. Bake 5 minutes longer. Cool. Chill. Serve with Raspberry Topping. Refrigerate leftovers.

Raspberry Topping: In small saucepan, combine ⅔ cup syrup drained from 1 (10-ounce) package thawed frozen red raspberries, ¼ cup red currant jelly or red raspberry jam and 1 tablespoon cornstarch. Cook and stir until slightly thickened and clear. Cool. Stir in raspberries

HOCOLATE STREUSEL BARS

(Makes 24 to 36 bars)

¼ cups unsifted flour
½ cups confectioners' sugar
½ cup unsweetened cocoa
1 cup cold margarine or butter
1 (8-ounce) package cream cheese, softened
1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)
1 egg
2 teaspoons vanilla extract
½ cup chopped nuts

reheat oven to 350°. In large bowl, combine our, sugar and cocoa. Cut in margarine until umbly (mixture will be dry). Reserving 2 cups umb mixture, press remainder firmly on bottom f 13x9-inch baking pan. Bake 15 minutes. In rge mixer bowl, beat cheese until fluffy. Gradally beat in sweetened condensed milk until nooth. Add egg and vanilla; mix well. Pour ver prepared crust. Combine nuts with reserved umb mixture; sprinkle over cheese mixture. ake 25 minutes or until bubbly. Cool. Chill. ut into bars. Store covered in refrigerator.





FUDGE BROWNIE PIE

(Makes one 9-inch pie)

1 (9-inch) unbaked pastry shell
1 (6-ounce) package semi-sweet chocolate chips
¼ cup margarine or butter
1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)
½ cup biscuit baking mix
2 eggs
1 teaspoon vanilla extract
1 cup chopped nuts

Preheat oven to 375°. Bake pastry shell 10 minutes; remove from oven. Reduce oven temperature to 325°. In saucepan, over low heat, melt chips with margarine. In large mixer bowl, beat chocolate mixture with remaining ingredients except nuts until smooth. Add nuts. Pour into prepared pastry shell. Bake 35 to 40 minutes or until center is set. Cool slightly. Serve with ice cream if desired. Refrigerate leftovers.

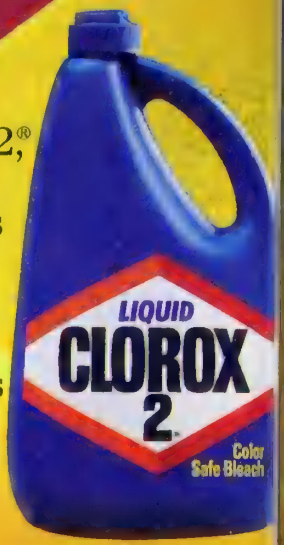


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special LHJ survey

what kind of MOM are you?

Motherhood may well be, as humorist Erma Bombeck declared, the second oldest profession. But mothers know that parenthood has no set rules, no known "career path." For them, being a mom presents new challenges, frustrations and joys every day. And if we learn anything from the experience, it's that we can't judge ourselves or others too harshly—each of us must find her own way, her own solutions to the dilemmas that inevitably arise.

Now, as we are about to enter a new decade, we believe it's a good time to explore how women really feel about mothering. Please complete our confidential survey, whether your children are toddlers or parents themselves. The *Journal,* in conjunction with Nancy L. Marshall, Ed.D., research associate at Wellesley College's renowned Center for Research on Women, will analyze your responses and give you a full report in a spring issue.



Phoebe Dunn/DPI

By Margery D. Rosen

Directions: Check ONE ANSWER ONLY for each question unless otherwise instructed. Answer only those questions that apply to you.

1. What has brought you the most joy as a mother?

- ☐ a. Having created another human being 6-1
- ☐ b. Watching my children grow into the kind of people I want them to be -2
- ☐ c. The love my kids show me -3
- ☐ d. Knowing that I'm doing the best I can for my kids -4

2. What is it about being a mother that upsets you the most?

- ☐ a. When my children cry or whine 7-1
- ☐ b. When I realized my children did not turn out the way I hoped -2
- ☐ c. When my kids and I fight -3
- ☐ d. When my kids shut me out -4

3. Do you think that you are a better mother than your mother was?

- ☐ a. Yes 8-1
- ☐ b. No -2
- ☐ c. I'm better in some ways, worse in others -3

4. In what ways are you a good mother? (Pick two that most apply.)

- ☐ a. I'm a stay-at-home mom 9-1
- ☐ b. I'm always available to them 10-1
- ☐ c. I work hard to provide for their needs 11-1
- ☐ d. I tell them how much I love them 12-1
- ☐ e. I encourage them to think for themselves 13-1

5. In what ways do you feel you could do a better job as a mother? (Pick two.)

- ☐ a. By not losing my temper so much 14-1
- ☐ b. By spending more time with my kids 15-1
- ☐ c. By being less strict 16-1
- ☐ d. By not working outside the home 17-1

6. What qualities do you want your kids to have? (Pick two.)

- ☐ a. Honesty 18-1
- ☐ b. Selflessness 19-1
- ☐ c. Assertiveness 20-1
- ☐ d. Realistic expectations 21-1
- ☐ e. A sense of responsibility 22-1
- ☐ f. Curiosity 23-1
- ☐ g. Respect for others 24-1
- ☐ h. The ability to enjoy themselves 25-1 ▶

special LHJ survey

7. Do you care if your children are attractive?

- ☐ a. No 26-1
- ☐ b. Yes -2
- ☐ c. More than I'd like to admit -3

8. Do you care if your children are athletic?

- ☐ a. No 27-1
- ☐ b. Yes -2
- ☐ c. More than I'd like to admit -3

9. Do you care if your children are popular?

- ☐ a. No 28-1
- ☐ b. Yes -2
- ☐ c. More than I'd like to admit -3

10. Do you care if your children do well in school?

- ☐ a. No 29-1
- ☐ b. Yes -2
- ☐ c. Doing well in school is not as important as having street smarts -3

11. Are your kids overweight, underweight or just about right?

- ☐ a. Overweight 30-1
- ☐ b. Underweight -2
- ☐ c. Just right -3

12. What's the biggest problem you face as a mother?

- ☐ a. Finding time for myself 31-1
- ☐ b. Finding time for my marriage -2
- ☐ c. Feeling guilty that I don't spend enough time with my kids -3
- ☐ d. Feeling tired all the time -4

13. As a mother, I think kids are hardest to deal with in the following age group:

- ☐ a. Infancy and toddlers 32-1
- ☐ b. Preschool -2
- ☐ c. 6 through 12 -3
- ☐ d. 12 through 19 -4
- ☐ e. Adulthood -5

14. What do you worry about most?

- ☐ a. That my child will become seriously ill 33-1
- ☐ b. That my child will be hurt or die in an accident -2
- ☐ c. That my child will not turn out the way I want him to -3
- ☐ d. That my child will get hooked on drugs -4
- ☐ e. That my child's economic opportunities will be limited -5
- ☐ f. That my child will be gay -6
- ☐ g. That my child will be sexually active too young -7

15. How do you usually discipline your kids?

- ☐ a. I express clearly what I expect of them 34-1
- ☐ b. I spank them -2
- ☐ c. I get angry and yell at them -3
- ☐ d. I take away privileges -4
- ☐ e. I use a combination of the above -5

16. Would you characterize yourself as a child abuser?

- ☐ a. No 35-1
- ☐ b. Yes, I have abused my child physically -2
- ☐ c. Yes, I have abused my child psychologically -3
- ☐ d. No, but at times I worry that I may abuse my child -4

17. Do you have a favorite child?

- ☐ a. Yes 36-1
- ☐ b. No, I love them equally -2
- ☐ c. I have only one child -3

18. When did you (or do you plan to) first speak with your children about sex?

- ☐ a. During the preschool years 37-1
- ☐ b. Between the ages of 6 and 12 -2
- ☐ c. Between the ages of 12 and 19 -3
- ☐ d. Never -4

19. Do you (would you) provide your teens with contraceptives if they ask?

- ☐ a. Yes 38-1
- ☐ b. No -2
- ☐ c. Not sure -3

20. How much time do you spend with your children in a normal week?

- ☐ a. Less than five hours 39-1
- ☐ b. Five to ten hours -2
- ☐ c. More than ten hours -3

21. Do you help with your children's schoolwork?

- ☐ a. Yes 40-1
- ☐ b. No -2
- ☐ c. Only when I'm asked to -3

22. What is the one thing your child could do that you'd find unbearable?

- ☐ a. Get pregnant or get someone pregnant 41-1
- ☐ b. Take drugs -2
- ☐ c. Drop out of school -3
- ☐ d. Commit a crime -4
- ☐ e. Lose faith in God -5

23. What do you want most for your kids when they're grown?

- ☐ a. Financial security 42-1
- ☐ b. Fulfilling work -2
- ☐ c. A happy marriage -3

24. Do you believe that as a parent you can mold a child's personality?

- ☐ a. Yes 43-1
- ☐ b. No -2
- ☐ c. There are some factors I can influence, some I cannot -3

25. If your child found a wallet with $25 in it but no identification, what would you do?

- ☐ a. I'd let him keep it 44-1
- ☐ b. I'd go with him to the police to report it -2

26. Do you encourage your children to have friends of a different religion or race?

- ☐ a. Yes 45-1
- ☐ b. No -2

27. How would you feel if your son or daughter married someone of a different religion?

- ☐ a. It wouldn't be an issue with me 46-1
- ☐ b. I would be very upset -2
- ☐ c. I would be upset, but I'd accept his/her decision -3

28. How would you feel if your son or daughter married someone of a different race?

- ☐ a. It wouldn't be an issue with me 47-1
- ☐ b. I would be very upset -2
- ☐ c. I would be upset, but I'd accept his/her decision -3

29. If a youngster in your child's school was diagnosed as being infected with the AIDS virus, would

that school?

- ☐ a. Yes 48-1
- ☐ b. No -2

30. What is the hardest subject for you to talk about with your kids?

- ☐ a. Sex 49-1
- ☐ b. Drugs -2
- ☐ c. Feelings and emotions -3
- ☐ d. What goes on in school -4
- ☐ e. Their friends -5

31. Are you happy with the way your children are turning out?

- ☐ a. Yes 50-1
- ☐ b. No -2
- ☐ c. I have mixed feelings -3

32. Were you pregnant when you got married?

- ☐ a. Yes 51-1
- ☐ b. No -2

33. Why did you have children?

- ☐ a. I decided I was ready to have children 52-1
- ☐ b. I always wanted to be a mother -2
- ☐ c. I felt I should -3
- ☐ d. My husband wanted children -4
- ☐ e. I accidentally became pregnant -5

34. Did you enjoy being pregnant?

- ☐ a. Yes 53-1
- ☐ b. No -2
- ☐ c. I had mixed feelings -3

35. Were you happy with your childbirth experience?

- ☐ a. Yes 54-1
- ☐ b. No, it was very painful -2
- ☐ c. I had mixed feelings -3

36. How long was your maternity leave?

- ☐ a. Less than one month 55-1
- ☐ b. Six weeks -2
- ☐ c. Three months -3
- ☐ d. Six months or more -4

37. Have you ever had an abortion?

- ☐ a. Yes 56-1
- ☐ b. No -2

38. If you answered yes to the above question, would you ever tell your children that you did?

- ☐ a. Yes 57-1

39. If your unmarried teenage daughter became pregnant accidentally, what would you do?

- ☐ a. I'd encourage her to have an abortion 58-1
- ☐ b. I'd expect her to have the child and raise it -2
- ☐ c. I'd encourage her to have the child and put it up for adoption -3
- ☐ d. I'd raise the baby -4

40. Do you find that boys and girls are innately different from each other?

- ☐ a. Yes 59-1
- ☐ b. No -2

41. Which do you feel is more difficult to raise?

- ☐ a. Boys 60-1
- ☐ b. Girls -2
- ☐ c. Both the same -3

42. As a mother, what is the most stressful time of the day for you?

- ☐ a. In the morning 61-1
- ☐ b. When I come home from work -2
- ☐ c. The kids' bedtime -3
- ☐ d. I always feel stressed -4

43. Did your ideas about child rearing change when you had kids?

- ☐ a. Yes, I was much too idealistic about what it would be like 62-1
- ☐ b. No, I'm raising them just as I thought I would -2

44. Considering everything involved in having and raising children today, if you had a chance to do it all over, would you have kids again?

- ☐ a. Definitely yes 63-1
- ☐ b. Probably yes -2
- ☐ c. Probably no -3
- ☐ d. Definitely no -4

45. If you said no to the above question, which one statement below comes closest to describing why?

- ☐ a. It's too difficult to raise children today 64-1
- ☐ b. It's too expensive to raise children today -2
- ☐ c. Children cause problems in a marriage -3
- ☐ d. Children are not grateful for all the things we do for them -4

KIDS AND MARRIAGE

46. Would you stay in an unhappy marriage for the sake of your children?

- ☐ a. No. I think growing up in a bad marriage is harmful 65-1
- ☐ b. Yes, because it's important for children to have both parents around the house -2
- ☐ c. I'm currently separated or divorced -3

47. Do you and your husband agree on parenting issues?

- ☐ a. Yes 66-1
- ☐ b. No -2
- ☐ c. Sometimes -3

48. Do you love your kids more than you love your husband?

- ☐ a. Yes 67-1
- ☐ b. No -2
- ☐ c. I love them equally -3

49. Do your children come between you and your husband?

- ☐ a. Yes 68-1
- ☐ b. No -2
- ☐ c. Sometimes -3

50. Do you and your husband fight in front of the kids?

- ☐ a. Yes, we fight a lot in front of them 69-1
- ☐ b. No, we rarely fight in front of them -2
- ☐ c. Sometimes we fight in front of them -3

51. Do you and your husband show affection in front of the kids?

- ☐ a. Yes, we're always holding hands and kissing 70-1
- ☐ b. No, we don't display affection when the kids are around -2 ▶

Take a few minutes to tell us — honestly—how you feel about the joys and frustrations of mothering

special LHJ survey

52. Were you happier before you had kids?

- ☐ a. Yes, I was happier 71-1
- ☐ b. No, I am happier now -2
- ☐ c. I was just as happy -3

53. What kind of father is your spouse?

- ☐ a. He's a "new father." We split the responsibilities of parenting 50/50 72-1
- ☐ b. He's traditional: He's the breadwinner, I handle the child care -2
- ☐ c. He helps when I ask him to, but he doesn't volunteer -3

WORK AND FAMILY

54. Are you:

- ☐ a. Not currently employed outside the home 73-1
- ☐ b. Employed at a job -2
- ☐ c. Involved in a career -3
- ☐ d. I'm retired -4

55. Which best describes your employment situation?

- ☐ a. I never stopped working except for maternity leave 74-1
- ☐ b. I stopped working when my first child was born -2
- ☐ c. I went back before my children were in nursery school -3
- ☐ d. I went back to work when my kids were in nursery school -4
- ☐ e. I went back to work when my kids were in elementary school -5
- ☐ f. I went back to work when they were in high school -6

56. If it were economically feasible for your family to survive on only one paycheck, would you work or stay home to raise your kids?

- ☐ a. Yes, I'd work 75-1
- ☐ b. No, I'd stay home -2
- ☐ c. I'd work part time -3
- ☐ d. Not sure -4

57. If you're employed, what is your child-care arrangement while you're at work?

- ☐ a. My husband watches the kids 76-1
- ☐ b. They attend a day-care center, nursery school or after-school program -2
- ☐ c. They go to someone else's home or a family day-care home -3
- ☐ d. A baby-sitter watches them in our home -4
- ☐ e. A relative watches them in our home -5
- ☐ f. The kids stay home alone or with a sibling after school -6
- ☐ g. I work only when the kids are in school -7

58. How do you feel about your present child-care arrangement?

- ☐ a. I'm not happy with it 77-1
- ☐ b. I'm happy with it -2
- ☐ c. I have mixed feelings -3

59. If you're employed, how do your children feel about the fact that you work?

- ☐ a. They hate it 78-1
- ☐ b. They accept my working, but they're not happy about it -2
- ☐ c. They're proud of me -3

personal data

TELL US ABOUT YOURSELF:

1. How old are you?

- ☐ a. Under 25 II-6-1
- ☐ b. 25 to 39 -2
- ☐ c. 40 to 49 -3
- ☐ d. 50 or older -4

2. Where do you live?

- ☐ a. City 7-1
- ☐ b. Suburb -2
- ☐ c. Rural -3

3. I am:

- ☐ a. Married 8-1
- ☐ b. Separated/divorced -2
- ☐ c. Widowed -3
- ☐ d. Never married -4

4. How many children do you have?

- ☐ a. One 9-1
- ☐ b. Two -2
- ☐ c. Three or more -3

5. How old are your kids? (Check all that apply.)

- ☐ a. Infants 10-1
- ☐ b. Toddlers/preschool 11-1
- ☐ c. School age 12-1
- ☐ d. Teenage 13-1
- ☐ e. Adult 14-1

6. How old were you when you first became a mother?

- ☐ a. Teenager 15-1
- ☐ b. Twenties -2
- ☐ c. Thirties -3
- ☐ d. Forties -4

7. How far did you go in school?

- ☐ a. I didn't finish high school 16-1
- ☐ b. I graduated from high school -2
- ☐ c. I have some college, business school or post-high school education -3
- ☐ d. I graduated from a four-year college -4
- ☐ e. I have a graduate degree -5

8. What is your approximate family income?

- ☐ a. Under $25,000 17-1
- ☐ b. $25,000 to 39,999 -2
- ☐ c. $40,000 or more -3

9. What is your approximate personal income?

- ☐ a. Under $25,000 18-1
- ☐ b. $25,000 to 39,999 -2
- ☐ c. $40,000 or more -3

If you have anything to add, please take a moment to jot down your comments on a separate sheet of paper and enclose it with your questionnaire. Send your completed forms (remember to tear out both pages) to: JOURNAL Survey, Wellesley College Center for Research on Women, Wellesley, MA 02181. Thanks!

Ladies'
Home Journal
October
1989

the WAR AGAINST WOMEN



The story was the kind that gives women nightmares. A teenage girl was abducted from a bus station in downtown Los Angeles and repeatedly raped. After several days, she managed to escape into the street, flag down a car and ask the men inside for help. Instead, they raped her. Yet in 1989, it was not the sheer horror *(continued)*

BY CAROL LYNN MITHERS

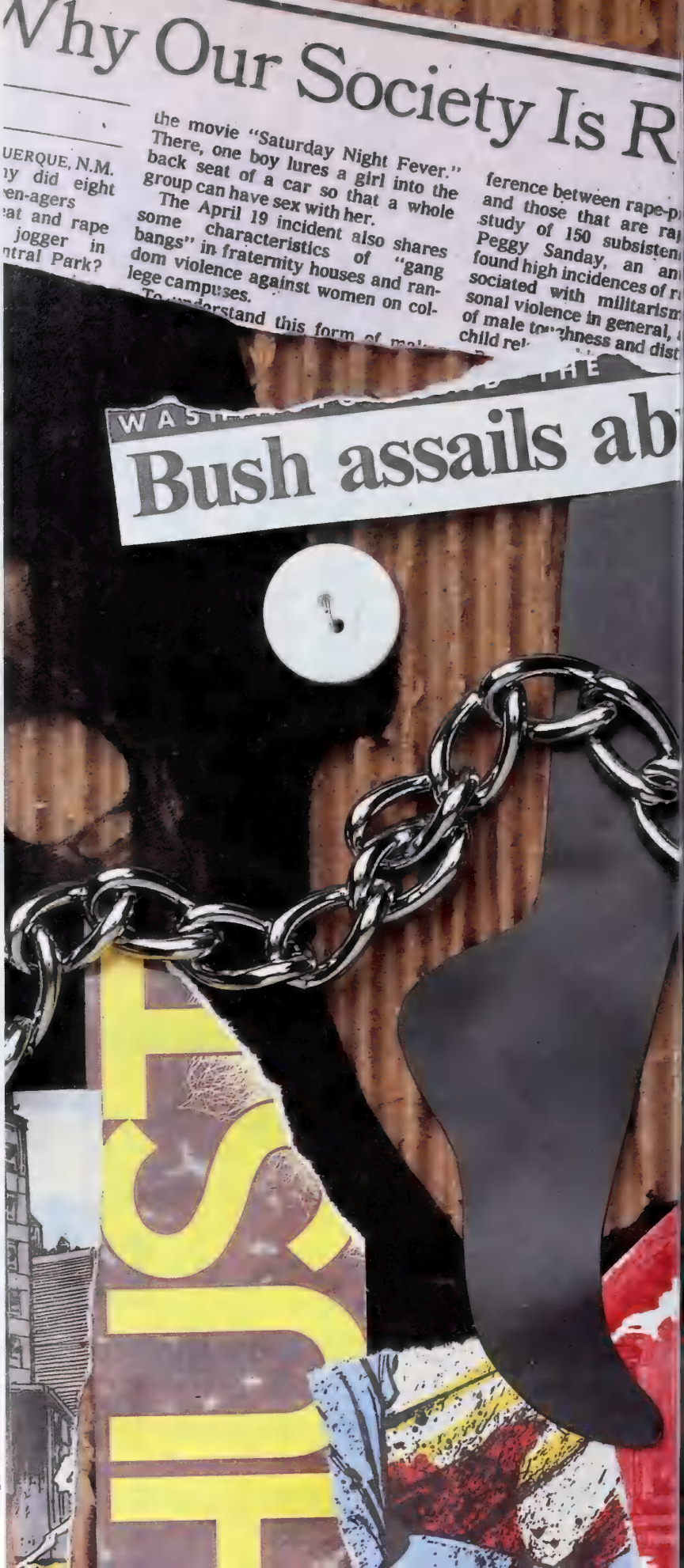
(continued) of those facts that made reading them so difficult—it was that we had already confronted so many similar cases:

- The infamous gang rape and near-fatal beating of a jogger in New York City's Central Park. The attack on the woman, a Wall Street investment banker, was so savage that it induced brain injury; the victim, who has a graduate degree from Yale, has had to relearn even the simplest reading and math skills.

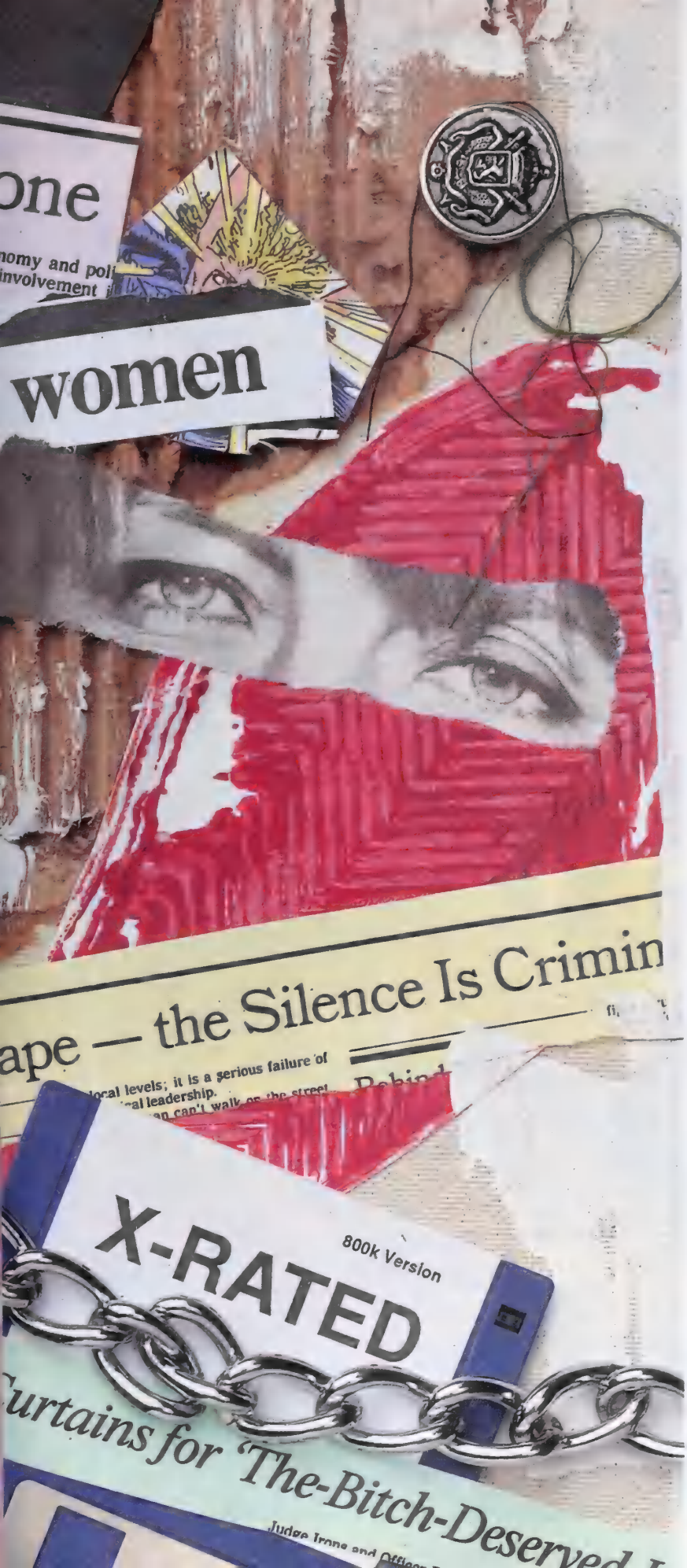
A SHOCKING REPORT ON SEXUAL RAGE

- The reported hour-long sexual assault on a mentally impaired girl by five teenage boys in the affluent suburb of Glen Ridge, New Jersey, while eight others were present. The girl, who was allegedly raped with a miniature baseball bat and a broomstick, was said to have known most of the youths since childhood.
- The killing of a respected judge in Grand Rapids, Michigan, by her estranged husband, a police officer, who was convicted only of manslaughter. "Everybody," said a male juror, "felt that he was provoked by his wife to do this."
- And for every rape and assault reported by the news media, there were thousands that were not. "He started to come on to me, and when I refused, he pulled a knife and made me strip," recalls Bonnie, twenty-eight, an Iowa student who was raped by the relative of a friend. "When I went to the hospital to report it," she says, starting to cry at the memory, "the doctor was so rough I felt I'd been raped a second time."

Like physical violence, cultural violence against women suddenly seemed to be everywhere this year—in misogynistic rock-music videos; in sadomasochistic comic books and men's magazines; in "slasher" films; in sick and ugly jokes by popular comedians; and even on the computer



Collage, Kathleen Lewandowski.



screen, with an obscene software program.

The more one saw and read in 1989, the more it seemed that, despite decades of crusades against rape and other assaults, sexual rage was not only not abating, it was getting worse. Many women felt a higher level of hostility, a thickening miasma of menace that ranged from degrading imagery to casual insults to overt attacks.

Says Nancy Biele, past president of the National Coalition Against Sexual Assault, in Minneapolis, "I've been doing this kind of work for fifteen years, and it feels more dangerous out there to me now."

"We're seeing a culture in which it has become a little more okay to hate women," says Jennie Balise, of the Los Angeles Commission on Assaults Against Women.

Even President Bush, hardly a radical feminist, was moved to give a name to the growing problem. "We must," he declared, "halt this war against women."

A new level of violence

And a war it often seems to be, fought on every front. It is raging on the streets. According to the FBI, a woman is raped every six minutes, and one in ten will be raped in her lifetime. Since many attacks are not reported, the true figures may be considerably higher; Nancy Biele believes that as many as one woman in three may become a rape victim.

Nor is home a safe harbor. A woman is beaten every fifteen seconds, and each day at least four women are killed by their batterers, according to federal statistics. "Battery," says former Surgeon General C. Everett Koop, "is the single most significant cause of injury to women in this country."

Most troubling of all, perhaps, is the reported rise in levels of sexual hostility among our young. Some rape counselors fear that overexposure to violently anti-female images is creating a kind of emotional numbness. Mary Beth Roden, of the rape treatment center at Santa Monica Hospital, in Santa Monica, California, says, "A few years ago, we'd show high school students a taped interview with a rape victim, and kids would be saying, 'Wow, that was terrible.' Now many of them are less shocked. I don't know any other word to use but *desensitization*."

Male college students, in particular, seem to have become more abusive. "Between 75 and 90 percent of campus women have *(continued on page 226)*

EXCLUSIVE

BRAVE



NEW BABY

After Cynthia's hysterectomy, motherhood seemed an impossible dream. But thanks to a new technique that used her own ova—and another woman who was willing to carry and bear her child—Cynthia and her husband have a baby of their own. This is their incredible story

By Nelly Edmondson Gupta with Frank Feldinger

love you, sweetheart," croons Cynthia* to her two-day-old son, Sam, as she puts the sleepy baby down for a nap. Dick, the beaming father, gestures around the cheerful blue-and-white nursery, showing off some of Sam's new toys, uding a music-box lamp with a rocking-horse e. "Isn't it neat?" Dick says, his grin widening to ude the whole room.

While most parents consider their child's birth se for celebration, no one could be more thrilled n parenthood than this Los Angeles couple. For n's birth to forty-two-year-old Cynthia and fifty- r-old Dick was literally a medical miracle.

Their son is a brave new baby, the world's first nt to be born as the result of a breakthrough cedure called ZIFT (zygote intra-fallopian tube nsfer surrogacy). "This is the first time anyone ever successfully taken a fertilized egg from a or couple, placed it in the fallopian tube of a rogate and gotten a live, healthy baby," says nard Marrs, M.D., director of the Institute for roductive Research at L.A.'s Hospital of the d Samaritan.

ix years ago, four years after she and Dick rried, Cynthia had a hysterectomy to relieve essive bleeding; doctors removed her uterus le leaving her ovaries intact. That operation med to demolish her dream of becoming a her. But then the couple heard about ZIFT rogacy. Dick and Cynthia—who write and lish books and computer programs that han- p thoroughbred horse races—decided to give eir best shot.

Marrs, who developed ZIFT surrogacy in 1988, lains that it differs markedly from the type that to the infamous Baby M custody trial in New Jersey in 1987. Mary Beth Whitehead—like all conventional surrogates—supplied the egg and was artificially inseminated with a donor father's sperm. But Debbie—Cynthia and Dick's surrogate—has no genetic claim to Sam. It was Cynthia who supplied the ovum. Therefore, she is Sam's biological mother, while Debbie served as a human incubator.

ZIFT surrogacy is the latest advance in test-tube baby making, technically known as in-vitro fertilization and embryo replacement (IVF-ER).

In several dozen previous cases, an embryo was successfully transferred into a surrogate's uterus. But during normal conception, Marrs explains, a fertilized egg spends several days in the fallopian tube before lodging in the uterus, and that environment appears to be highly conducive to early development. He predicts that ZIFT—which is being done in at least 15 hospitals in the U.S. and abroad—will improve the success of embryo transfers. Currently, the Center for Surrogate Parenting in Beverly Hills—the organization that handled Cynthia and Dick's case—says the success rate for their embryo transfer program is 29 percent, including thirteen pregnancies and seven live births to date.



After witnessing his birth, proud new parents Cynthia and Dick get acquainted with their six-pound-two-ounce son (opposite), then Sam gets his first bath (above)

Beyond surrogate motherhood

But does the ZIFT procedure represent real reproductive progress or just another regrettable step toward "baby farming"? Like Mary Beth Whitehead, ZIFT surrogates are paid for the use of their reproductive systems: Debbie, for example, earned $10,000 plus *(continued on page 214)*

e couple have asked that their last name not be used.

BETTE VS

Hollywood's hottest feud



The two battled o
billing and babies
the love of the sa
sexy man. Read
tell-all tale of the ye
from the sizzling n
book about the fie
combat between mo
land's two queens

BY SHAUN CONSID

THE ACTRESS

BORN: 1908 in Lowell, Massachusetts
NUMBER OF FILMS: eighty-five
OSCARS: nominated eight times, won twice, for *Dangerous* and *Jezebel*
HUSBANDS: Harmon Nelson, musician; Art Farnsworth, businessman; William Sherry, artist; Gary Merrill, actor
CHILDREN: three
EXPOSÉ BY DAUGHTER: *My Mother's Keeper*, by B. D. Hyman

JOAN

Bette Davis and Joan Crawford were two of the biggest stars—and most memorable characters—that Hollywood ever produced. The roaring rivalry that flared up between them when they were starlets lasted for five decades. Even death doesn't seem to have put an end to the feud: Bette still speaks vehemently and often about Joan—just as if her rival were alive.

Perhaps it was the competition for men, for roles or simply the clash of their larger-than-life personalities that drove them to battle. But as columnist Liz Smith said, "They still make most of today's stars look like pups."

The man they loved

Their first dispute began over the actor Franchot Tone. The year was 1935. Joan, who had already been a star for seven years, was in the midst of a divorce from Douglas Fairbanks, Jr., and her torrid affair with Clark Gable had just ended. Bette's Hollywood career was just starting to take off, but her marriage to the musician Harmon Nelson was teetering.

Franchot Tone was a dashing new arrival in Los Angeles. A Phi Beta Kappa graduate of Cornell, he had talent and East Coast breeding, qualities that appealed to Bette. She chose him to be her leading man in *Dangerous*. "I fell in love with Franchot, professionally and privately," she *(continued)*



THE STAR

BORN: Lucille Le Sueur in 1904 in San Antonio, Texas
NUMBER OF FILMS: seventy-seven
OSCARS: one for *Mildred Pierce*
HUSBANDS: Douglas Fairbanks, Jr., Franchot Tone and Phillip Terry, all actors; Alfred Steele, chairman of Pepsi-Cola
CHILDREN: four
EXPOSÉ BY DAUGHTER: *Mommie Dearest*, by Christina Crawford
DIED: 1977

Excerpted from the book BETTE AND JOAN: THE DIVINE FEUD, by Shaun Considine, by permission of the publisher, E. P. Dutton. Copyright © 1989 by Shaun Considine.

BETTE VS. JOAN

(continued) wrote in her memoirs. "Everything about him reflected his elegance, from his name to his manners."

But Franchot Tone was already taken, by none other than Joan Crawford. Joan had been eager for some sophisticated masculine company, and she was fascinated with Tone's background. She even offered him advice on his career.

Jean Harlow told the story of the day Joan finally seduced him. Joan was indulging in her latest passion, sunbathing, in an enclosed solarium at the back of her house. When Franchot was announced by the butler, Joan called out and asked if he would be a dear and fetch her a bottle of suntan oil. Franchot brought the bottle and knocked on the door. On cue, it swung open, revealing his hostess gloriously tanned, glistening—and completely nude. She said nothing. Her eyes were closed. She lay on her back listening to his labored breathing. Then with perfect timing she arched one leg, opened her eyes, smiled at Tone and murmured, "Shut the door, darling, and do my back." Franchot did not surface from the solarium until nightfall, according to the neighbors. "Thank God I'm in love again," Joan reportedly said. "Now I can do it for love and not my complexion."

As the filming of *Dangerous* continued, Bette confessed to actress Joan Blondell that she had fallen hard for the New York actor. "Bette came to see me all soft and dewy-eyed," said Blondell. "And that was *not* her usual manner. She said, 'I am in love with Franchot, and I think he's in love with me.' I said something lame, like 'Give it time, honey,' although I was really thinking: Boy! If Joan Crawford gets wind of this, there is going to be *war*."

During the making of *Dangerous*, Crawford unexpectedly announced her engagement to Franchot Tone. But Bette was not beaten. She appealed to Franchot's acting ego. She had the writer of *Dangerous* add new material to his scenes with her. This of course necessitated additional rehearsals and more private meetings. "She almost drove herself crazy, scheming on how to get Franchot away from Joan," said the Hollywood writer Adela Rogers St. Johns, who eventually carried the news of Bette's romantic interest to Crawford.

"Oh," said Joan, when told of the competition. "That coarse little thing doesn't stand a chance with Franchot." "I mentioned that Bette was a fine actress," said St. Johns, "and was going to become a big, big star."

This news intrigued Crawford. "Crawford knew that Davis could never compete with her sexually," said St. Johns. "But talent-wise? That was another horse race indeed. And Bette was *the* champion in that field. Joan knew that, and so did Franchot. But Joan put a stop to that very quickly. Three days after *Dangerous* was finished, she took off with Franchot to New York, and the next thing we heard, they were married in New Jersey."

As Crawford's career outdistanced Franchot Tone's ("Sensitive husbands don't like second billing," she said about him), and the number of their infidelities mounted, the marriage fell apart, and they divorced in 1939.

Queen of the studio

In the summer of 1937 both Joan and Bette were in the running for the role of Scarlett in *Gone With the Wind*. Bette claimed that the book had been purchased for her. Warner Bros. studio did make a package offer with Bette as Scarlett and Errol Flynn as Rhett Butler, but it never panned out. "The story is just another of Miss Davis's fantasies," Joan said. "I was the first to be mentioned for the role." Of course, the choice of Vivien Leigh now makes it hard to imagine any other actress in the part.

The next move in the battle between the two stars came when Joan left M-G-M to join Warner's in 1943. Bette had been the top money-maker there, and now Joan was moving in on her territory. Joan asked for the dressing room next to Bette's, then left a lavish display of flowers and a note asking if they could meet. Bette rebuffed her.

Joan had made the move over to Warner's because her career had stalled, but in the fall of 1944, she started work on *Mildred Pierce*. It could have been the story of Joan's life, critics would later say. It was about an ambitious lower-class woman with a vain, evil, selfish daughter, who competes with her mother for the same man.

Did Bette try for the juicy role? She stated repeatedly in later years that she'd never even seen the script, but since her studio contract gave her first refusal on all class A pictures, the claim is questionable.

Crawford, meanwhile, decided to humble herself before the great director Michael Curtiz to get the part. With a modicum of makeup, Crawford auditioned on camera and won the role.

Curtiz soon discovered that Joan had no intention of appearing dull or dowdy for the actual filming. Although she boasted in public that "I went to Sears and bought my dresses off the rack," she failed to add that these dresses were subsequently custom-tucked at the waist with slight padding added to the famous Crawford shoulders.

Mildred Pierce was released to almost unanimous acclaim. Bette had a major opening around the same time—*The Corn Is Green*. Davis felt her film was serious art, while *Mildred Pierce* was trash. But by the end of the year, Joan's picture had outgrossed Bette's three to one. And more ignominy for Davis would follow when Crawford was nominated for Best Actress.

The night of the Oscars, Joan was at home in bed with the (continued)





No wire hangers visible in these happy family portraits. Bette accused Joan of being a superficial mother, but in the end both were condemned by their daughters

Photos, from top: Howard Frank Archives, Neal Peters Collection.



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nd boned (1 lb. boneless)
2 cups thinly sliced vegetables (combination of celery, green pepper, sweet red pepper or green onion)
Hot cooked rice

CROWAVE: In 2-qt. microwave-safe casserole, blend first 3 ingredients; stir in cken and vegetables. Cover; microwave on HIGH 10 min. or until chicken is longer pink, turning chicken once during cooking. Let stand, covered, 5 min. before serving. Serve over rice. 4 servings.

NVENTIONAL: (Pictured above.) In skillet, blend first 3 ingredients; stir in cken and vegetables. Over medium heat, heat to boiling. Reduce heat to low. er, simmer 20 min. or until chicken is tender, stirring occasionally.

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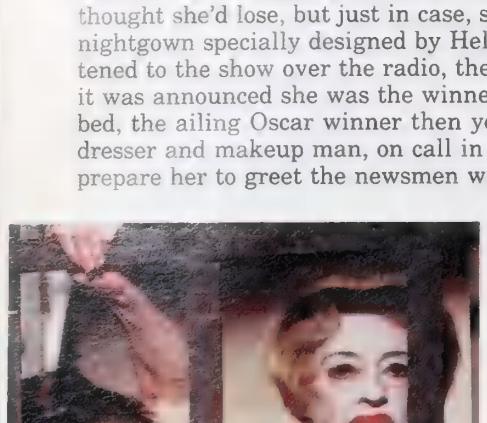
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BETTE VS. JOAN

(continued) flu and a bottle of Jack Daniel's. She thought she'd lose, but just in case, she was wearing a nightgown specially designed by Helen Rose. Joan listened to the show over the radio, then screamed when it was announced she was the winner. Jumping out of bed, the ailing Oscar winner then yelled for her hairdresser and makeup man, on call in the next room, to prepare her to greet the newsmen waiting outside.



For *Baby Jane,* Bette got the nomination, but Joan picked up the Oscar. Guess who had the last laugh?

The next day Joan made a big deal out of a congratulatory telegram she received from Bette. "There is no feud," Joan told Louella Parsons. "My heart is too full. Certainly there is room for both of us at Warner's. We may even do a picture together."

"When hell freezes over," said Bette. As far as she was concerned, Joan's Oscar victory was a fluke. It changed nothing. She was still the number-one star at Warner's.

Baby Wars

In 1948, a daughter was born to Bette. She was christened Barbara Davis but called B.D. by her famous mother. When she was asked to pose for some mother-and-daughter press photos, Bette declined. "I am unable to bill and coo publicly with my child," she told Hedda Hopper, putting in an obvious dig at Joan, whose adopted children, Christina and Christopher, had been paraded before the press. "I did not have her for publicity reasons," said Davis, "and I am rather bored with the mother role—as exploited by some of my cohorts."

After visiting Bette and her daughter, Louella Parsons waxed eloquent about the "shining" Madonna and her beautiful infant. "She is the most gorgeous little baby I have ever seen," said Louella when she just happened to bump into Joan the following evening. "Prettier than my Christina? Cuter than my Christopher?" Joan wanted to know.

"Joan became upset with the attention that Bette and her baby were receiving," said writer Hector Arce. "So one day a short time later, all heads in the green room at Warner's turned in her direction when she arrived with Christina and Christopher, followed by a nurse wheeling a double pram. When they arrived at their table, everyone watched as Joan reached into the baby carriage and pulled out not one but two brand-new babies. She had gone out of state that weekend and adopted two more kids."

"Well, I think it's *disgusting,*" said Bette Davis when she heard the news of the addition to the Crawford household. "She buys babies like she's in a supermarket."

In later years, both women were to have terrible troubles with their children, causing one Hollywood insider to say about Joan, "She should have had puppies, not children."

Madame producer

Bette appeared in *The Star* in 1953. For the role as a shallow, alcoholic has-been movie star who tries for a comeback, Bette wore heavy makeup and used exaggerated gestures, flirting lewdly with the camera. She even bestowed the familiar Crawford "Bless you!" on the crew. "Oh, yes, that was Crawford," Bette later told *Playboy.* "I wasn't imitating her, of course. It was just that approach of hers to the business as regards the importance of glamour and all of the offstage things. I *adored* the script."

Needless to say, Joan was not pleased. At that time, though, Crawford was busy with her own production company, and as a producer, "she acted no different from any man in town. She used her executive position to purchase scripts and to sample talent," said Adela Rogers St. Johns.

According to one agent, when Joan saw an actor she liked, she set up a preliminary meeting. If pleased, she followed through with an invitation to dinner at her house. The procedure was always the same. After the main course, Joan would lead her guest upstairs to her bedroom, for dessert.

In 1953, after seeing a rough cut of Rock Hudson's new film, Joan sent him a telegram. He came by for dinner. But on this night, having heard that Rock was gay, Joan changed her routine.

After dinner they sat outside, drinking brandy by her pool. She mesmerized him with stories of his favorite Metro stars . . . Garbo, Harlow, and especially Clark Gable, whom Rock worshiped. Then Joan suggested they take a dip in the heated pool. There were brand-new trunks in the pool house for her guest to wear, and as he swam she sat nearby, nursing her drink and watching him as he cut through the water. After the swim she suggested he shower and change so they could go dancing. Rock was soaping up in the pool-house shower when the lights went out. Suddenly he felt the warm, naked body of Joan beside him. "Sssh, baby," she whispered. "Close your eyes and pretend I'm Clark Gable."

Bette Davis never had the sexual

(continued on p. 208)



Joan was the fabled seductress; Bette was Warner's serious artiste. Not even Crawford's death could end the rivalry

Photos, from top: Lester Glassner Collection/ Neal Peters, Neal Peters Collection, Lester Glassner Collection/Neal Peters.



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Everything YOU always wanted to know about

BEAUTY *and* FASHION

By Lois Joy Johnson
Beauty
and Fashion
Editor



At last, the info you've been waiting for! The results from last January's beauty and fashion survey revealed your biggest questions and problems and helped us create the ultimate guide—all the best tips, tricks and secrets you'll ever need to know to look and feel great!



Three age-erasing makeup tips for instant going-out appeal every day.

- Stick to matte eyeshadows in browns, grays and mauve, no matter what the trendy colors are. Try Maybelline's Colorstix! Powder Pencil Eye Shadow in Mocha, Smoke and Plum.
- Energize skin that's pale, sallow or dull with a healthy pink blush. Max Factor's Rosewater Blush is tops.
- Line lips with a shade that matches lipstick. Pro tip: Shape lips with liner after applying lipstick; blend both with a clean, firm lipbrush.

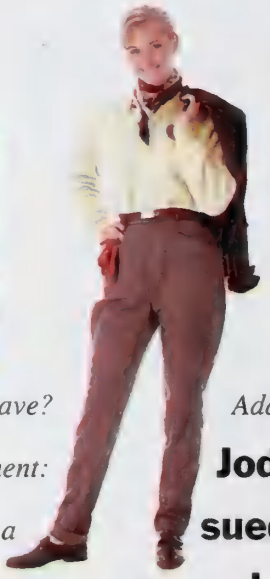
myth

Lines, wrinkles and saggy skin are an inevitable part of aging, and like it or not, there's really nothing you can do to save face.

fact

There *are* ways you can help prevent, delay and even reverse the visible signs of aging! The musts: Stick to good skin-care habits, regardless of how tired or stressed you are; stop yo-yo weight loss now; get plenty of exercise; don't smoke; wear a sun block all year-round.

FASHION



Is great style something other *women always seem to have? Add one or more of these updaters to your wardrobe and make a major style statement:* **Jodhpurs** *or* **stirrup pants** *in stretchy wool gabardine, denim or twill; a* **suede jacket**—*tailored for the office or bomber-style for weekends; a slim, ankle-grazing* **wrap skirt** *or cuffed* **walking shorts** *(they're still hot!) teamed with a jacket; a* **suit vest** *to add snap to silk shirts in a traditional men's suit pattern, brocade or silk;* **something leopard**—*gloves, a spotted scarf, a jungle-inspired belt for extra dash;* **anything quilted**—*a leather bag, a drawstring parka, even sweatpants.*

OVERDONE BLUSH IS THE TOP MAKEUP MISTAKE FOR MOST OF OUR READERS. OUR PERFECTLY NATURAL TIPS:

- MUTED SHADES of pink, peach, rose, apricot, bronze are key for a truly beautiful all-day glow—go for blushers that are two or three tones brighter than your skin, like Revlon's Air Brush Automatic Powder Blush in six shades.
- THE APPLE TRICK is still the best and simplest technique for most women: Smile and apply blush on cheek apples; blend up to hairline. Tip: Run brush over compact and blow on bristles to remove excess color.
- CREAM BLUSH is harder to apply but gives a satiny finish when done correctly. Hint: Slide a makeup sponge lightly over blush. Blot on back of hand to remove excess. Stipple onto cheeks; use clean side of sponge to blend.





All photos: Tohru Nakamura. Models: Top and on opposite page, Melanie Kremser of Click; above, Penni of Pauline's; makeup, Rex; hair, Stephane Lempire. Details, page 220.

Q **The models in magazines always seem to have flawless skin even though they wear foundation and powder for photography. So why does my makeup look unnatural and masky?**

A Behind-the-scenes secrets: Apply moisturizer and let it sit five minutes before applying foundation. Sponge-dab on a foundation—try Max Factor's Satin Splendor Flawless Complexion Makeup. Work from center of face outward. Remove excess around nose, hairline, jaw. Dust on translucent powder. Match foundation shade to skin. Two lines with great ranges: L'Oréal's Mattique Illuminating Matte Makeup and Revlon's New Complexion Makeup.





makeup

The vote is unanimous: Lipstick and concealer are two can't-do-without products. Do *you* use them the best way?

- Match lipstick to your skin. For yellow undertones, count on shades of coral, orange-red, warm bronze. For blue undertones, go for pinks, mauves, blue-reds.
- If you love pale lip color, use a lip pencil for definition or lips will fade away. Match liner to skin.
- Do you use concealer around the base of your nose? Skin here is often red and uneven, making the nose appear bigger.
- A concealer that's too light or dark will highlight flaws. Shop around for the right shade—one quarter to one half a shade lighter than skin is best.
- A pale lilac or blue concealer camouflages sun spots and broken capillaries. Look for Estée Lauder Automatic Creme Concealer in Barely Mauve.

Make your eyes look bigger fast!

We know you want to create big, attention-grabbing eyes with makeup. Here's how: Boldly line upper lashes and outer edge of lower lashes (to form a sideways V) with soft **EARTHY BROWN** or **CHARCOAL** pencil. We like L'Oréal Le Grand Kohl in Café or Smoke. Make the line a little thicker at the outer corners. Blend well, working from outside to inside. Using a small brush, layer a **POWDER SHADOW** in the same shade over the pencil. Next, brush on two or three coats of **BLACK MASCARA**. Dust lids and browbone lightly with blush. **DEFINE BROWS** with pencil; brush up with gel.

fitness

Our readers say that when they exercise they notice increased **self-confidence and energy**. *Exercise also helps you have a better night's sleep and can even increase your sex drive. Haven't been exercising? No sweat. It's never too late to* **get fit** *no matter what age you are. The good news is that you don't need a rigorous, high-impact workout to be in great shape. In fact, thin, muscled bodies are out (and aren't you glad?). Shapely* **toned** *bodies with perfectly flat tummies and* **curves** *in all the right places are all the rage now. Hip, hip, hurray!*



You told us your biggest skin problems are dryness, uneven skin tone, wrinkles. Try these skin-saver tips for complexion perfection. ● Keep a humidifier going—especially at night. Also, surround yourself with greenery—plants help boost moisture levels in the air and your skin. ● Wear moisturizer *all the time*—with or without makeup. Smooth on a night cream before bed. ● Improve skin quality with a gentle scrub or once-a-week masque. Try L'Oréal Plenitude Gentle Exfoliating Cream, Max Factor's Incredible Blue Mask or Coty Correctives Shower-Off Emergency Facial. ● Relax! Constant frowning and knitted brows—reactions to stress—can set expression lines.

myth

The only way you'll ever lose weight and get in shape is by joining a health club and taking aerobics classes at least three times a week.

fact

Great news: Fitness-walking is rapidly replacing health-club aerobics classes as the workout of choice for busy women. It's low-impact, bone-strengthening and heart-conditioning. Teamed with 3- to 5-pound weights, it's a complete workout. Second place goes to at-home exercise videos.

Model this page and top of opposite page, Melanie Kremser of Click; bottom of opposite page, Penni of Pauline's.



Details, page 220.



Our survey revealed that most of you think you're ten to fifteen pounds overweight. Well, did you know that while you're working off those extra pounds you can dress ten pounds thinner? Here's how: go **MONOCHROMATIC**—the same color top and bottom (it's tried and true!). For example, pair a khaki turtle with a matching slim skirt. Opt for **SOFTLY TAILORED** pieces instead of unconstructed ones. Slip into **LONG JACKETS** and sweaters that glide past hips and thighs. Tone hose to shoes to elongate and slim legs. Look for skirts and trousers with **LININGS** that slide over the body and give a sleeker line. Stick to **LIGHTWEIGHT** silks, wools, cottons and blends—heavy fabrics like corduroy make you look chunkier. Balance body proportions by wearing **SHOULDER PADS** in everything from T-shirts to jackets. Whittle away below-the-waist woes with **BLACK OR NAVY** bottoms teamed with a white or bright top. P.S. The best way to draw attention up to your face and away from figure problem spots is with flattering makeup, a fabulous haircut and important earrings.

HAIR



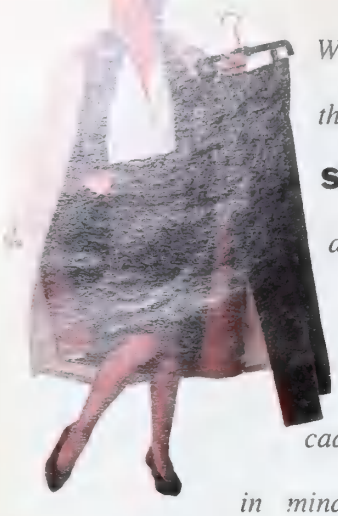
We know you want your hair to look thicker, more luxurious, sexy. Turn up the volume—no matter what length and style you have—with these body-boosters.

■ **SHAMPOO** at least every other day to help plump up fine, thin hair. Use protein-enriched shampoos and conditioners that nourish and strengthen, and *rinse well* (four times longer than sudsing). Try L'Oréal Protein Shampoo and Conditioner. Have oily hair? Opt for a deep-cleansing duo like Suave Daily Clarifying Shampoo and Conditioner by Helene Curtis. Also, try the new thickening treatments that are designed to improve elasticity and strengthen limp hair. A few to look for: Revlon's Flex Fortifyl Complex #88, Max Factor's Thick Again Hair Thickener and Styler, Revlon's Nutrasôme regimen and Foltene Shampoo and Supplement for Fine Limp Hair by Pantresse.

■ **BLOW-DRY** hair against its natural growth pattern—either bend at the waist and flip hair over to dry, or lift sections of hair up and bend head to one side, drying with nozzle pointed up. Diffuser-dry wavy or permed hair to encourage more curl.

■ **CUT COUNTS** The right haircut makes all the difference. Don't opt for a cut that works *against* the direction your hair falls in naturally. The best cut for fine hair is a chin-length bob—it adds thickness and weight and works for all types of hair. Another option—a sexy, tousled short cut.

■ **PERMS,** body waves and color treatments all add volume, but take care: Unless you have great hair that's in perfect condition, perm or color—don't do both. If you don't need an allover perm, a spot perm is tops for boosting hair only where it's flattest (crown or sides); an underperm adds hidden fullness. Two great home perms to seek out: Toni Epic Waves from Gillette and Revlon's Perfect Touch.



Want classic clothes that stay in style year after year? Here are the six basic pieces that every woman should have in her closet: a great tailored **white cotton shirt** *or bodysuit; a black lambswool or cashmere* **crewneck pullover**; *a* **slim, tailored skirt**, *almost knee-length in navy, black or gray wool garbardine or twill; pleated* **gray flannel trousers** *cut full and easy with fly-front and narrow waistband; a* **classic trench coat** *or balmacaan in khaki or beige; a long, slightly fitted* **blazer** *in navy, blue or black—keep in mind that one- or two-button notch-collar versions are the most flattering.*

Q **I never know how to choose and wear accessories. Do I need to match my shoes and handbag? How about jewelry—what goes with what?**

A **Toning shoes to handbag does create a classier look, but vary the textures and stay in the same color family. For instance, team a black leather handbag with black suede pumps. To mix jewelry effectively, keep the period or look the same, e.g., big gold sculpted earrings with simple gold cuffs or a delicate antique bracelet and a strand of pearls.**



skin

Even though lots of you baked on the beach before you knew it was bad, all is not lost. Here's a future-perfect plan: Use a broad-spectrum sunscreen with an SPF of at least 8 daily (SPF 15 for Retin-A users and those who spend lots of time outdoors) to prevent further photoaging—and don't forget to protect your hands and neck. Wear dark sunglasses with UV 400 lenses to screen aging rays. Drink plenty of water instead of caffeine and alcohol.

Models: Top this page and opposite page, Clare of Ford; Right, Melanie Kremser of Click; opposite bottom, Malena Holcomb of Ford. Details, page 220.



Having trouble finding your perfect hairstyle? Don't feel compelled to snip or grow your hair according to what's currently chic. The texture and health of your hair as well as your lifestyle and hair skills should determine your haircut. Above all, be realistic: A curly-haired brunet cannot turn into a blond with a straight bob. Follow these expert cues so you'll always be best-tressed: ■ Know what your hair can and cannot do and decide how you feel most attractive—e.g., with your hair on or off your face, long or short. ■ Go easy on styling products. If you're using too many, it's a clue that you have the wrong cut or you're trying to do the impossible. ■ Update a style or length that's flattering rather than make a drastic change. For example, add bangs, go an inch longer or shorter; snip in subtle layers.



style

Everybody loves a bargain, but who wants clothing that looks *cheap? Here's how to dress like a million without draining your wallet.* **Stick to neutrals,** *either the classics like black, navy, beige, gray, or new neutrals like bordeaux, loden, tobacco, red. They combine easily and look expensive even if they're not pricey. Choose* **simple styles.** *Clean-lined basics like a streamlined jacket, fuller-cut button-front shirts, a long V-neck cardigan. Seek out* **small patterns** *such as chalkstripes, herringbone, houndstooth. Get* **great fakes.** *Faux reptile bags and shoes, gold- and silver-tone jewelry, ivory silky-look blouses.*

necessary accessories for standout style

- **A man-tailored watch with a classic face and leather band.**
- **Suede pumps, shoe boots and black-patent tuxedo flats.**
- **A long single gold chain or ribbon with a unique charm or crystal.**
- **A new handbag. Shapes to look for: zippered roll, drawstring duffel, hatbox.**
- **A fringed cashmere scarf to drape over a dress or suit, muffle a coat neckline.**
- **Black or tortoise sunglasses in the new smaller, thinner frames.**
- **Crushy long leather gloves in your favorite neutral—black, brown, gray. Also in vogue: long wool or cashmere gloves in a pick-me-up jewel shade such as red, grape or emerald.**
- **A status silk scarf worn folded as a cummerbund or threaded through belt loops of tailored trousers or jeans.**



We've all experienced "fat" mornings. You know, those bloated days before or during your period, or the morning after a party at which you ate way too much. Regardless of why you feel heavy, you don't have to let the rest of the world know: Don't commit any of these common dress-fat mistakes: ■ *Too many layers (you'll look even bigger)* ■ *Pound-adding styles like elastic-waist pants, circle skirts and dirndls, belted jumpsuits* ■ *Boxy tops that end where hips are widest* ■ *Shirts with dolman/kimono armholes*

Finishing touches



Have to look fabulous for an after-five engagement? Upgrade your makeup from day to dinner in an instant: ■ Redo foundation if you can. If not, use a dry makeup sponge to reblend A.M. foundation, give skin a fresher look. ■ Powder face for a sophisticated finish. Count on Maybelline's Satin Complexion Pressed Powder. Brighten blush, intensify eyes with liner. ■ Remove old lipstick and liner and redo lips with a sponge-on powder lip color. We love Charles of the Ritz Powderful Lipstick in Frankly Scarlet. Knock 'em dead!

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"Ten years ago we purchased a true handyman's special—an 1830s home for $1,500. Believe it or not, this was *not* a bargain! The house was in terrible condition—I spent the first six years carrying water from the bathtub to do dishes in the kitchen."
COUNTRY CHARM



My FAVORITE room

Congratulations to LHJ's talented readers—the winners of the decorating contest featured in our February issue. We're delighted to present these fabulous rooms—in fact, your great ideas taught us a thing or two! By Linda Fears



GRAND PRIZE



For Donna and Gregg Perdun, of Grafton, Illinois, creating a charming country kitchen was a three-year labor of love. Gregg built the cabinets and work island; Donna did the top-notch decorating. "I enjoy our kitchen," says Donna, "because we created it with more sweat and imagination than money." Bravo! Grand prize: $1,000 gift certificate from Spiegel's Design Studio Collection and one room of DuPont Stainmaster carpeting.

Photo credits, page 220.



We think Gladys McAnally, of Tucson, truly captured Arizona's rich flavor. The shades of blue, mauve and burgundy in the sofa inspired the decor, including a painted armoire topped with cactus ribs, and pottery crafted by local Indians. First prize: a Blue Chip personal computer and the Computech trolley and Kinetics chair from Conran's.



"I wanted a cozy family room that would reflect the relaxed lifestyle and the soothing desert hues of the Southwest... a room for eating, doing crafts and watching TV that would also work for casual entertaining."





You'd never know that Victoria Kahn's living room in her Newton Centre, Massachusetts, home doubles as a family room—the TV and stereo are hidden in a corner cabinet; the white armchairs are recliners! French country fabrics make the room delightful. Second prize: four art deco chairs from Grange Furniture, Inc.



"Since our house has no den or family room, my challenge was to make the large living room inviting and elegant enough for company but not intimidating to my family."

"I was inspired by the kitchen exhibits, which progressed by decades, at the Oakland Museum. Because I love striking color combinations like black, white and red and I have a passion for nostalgia, I was instantly drawn to the kitchens of the forties and fifties."



3

When Amy Tomine Dexter bought her Albany, California, home a year ago, the kitchen had been remodeled in beige. Boring! So Amy, working on a tight budget, refaced the cabinets and tiled the counters and floor in classic black and white. To add punch, Amy began collecting red accessories and found that most forties and fifties kitchen items are available at flea markets for under ten dollars. "My kitchen represents memories of my childhood that I enjoy passing on to my daughter," says Amy. Third prize: an Ascensia Lite-Down comforter and two down pillows from Scandia Down Shops; one set of Martex sheets.

"In 1982 our kitchen was destroyed by a fire. Since then we've been saving for the kitchen of our dreams—an up-to-the-minute, efficient layout with extra-large windows to let the sun shine in and lots of space!"





Susan Peterson's Harwich Port, Massachusetts, home was built in 1824 as a hen farm. When the Petersons bought the house in 1976, the kitchen had a warped pine floor, rotting cabinets and an ancient gas stove. Then a fire gutted the room, and the family had to start from scratch. Susan brought the outdoors in with striking hunter green countertops and a huge Palladian window. Original ceiling beams, extra-wide pine floorboards, stenciled walls and antiques add country charm. A perfect blend of old and new! Fourth prize: a Zenith TV and VCR.





Aside from the wonderful stone fireplace, the details that make the dining area of Robert and Susan Keys's kitchen special are their collection of antique cooking tools, the hand-hewn mantel and the beautiful wood floor that this industrious Midland, Virginia, couple found in an old home in Alexandria. Fifth prize: one 45-piece set of Lenox Chinastone in Poppies on Blue pattern.

"We made the new kitchen of our nineteenth-century farmhouse look as if it's always been there—the grand plantation fireplace was constructed with stones we collected from nearby fields and creeks."



Kathy Prell has every reason to be proud of the great room in her Alden, New York, home. She and her husband, John, created the space from two rooms and filled it with antiques and pottery. Because they did the work themselves and decorated with many flea-market finds, renovating and furnishing cost just $5,000! Sixth prize: Armstrong Solarian No-Wax Floor.



"Our great room is special because so much of us is in it. My husband chopped down a maple tree to make the floor; I stenciled the walls and made the chintz window swags."



Three cheers for Sheri Bjornson, of Dublin, California, who created a unique environment for her baby. Because she didn't know the baby was going to be a boy, she sponge-painted the walls in neutral but cheery canary yellow and aqua. Sheri loves Southwest style—the pine chest and changing table were custom-painted in soothing pastel shades in Taos, New Mexico. Seventh prize: a Closet Maid closet-organizer kit.



"When decorating a room for my newborn son, Zachary, we decided to focus on furnishings that weren't too childish so they would grow with him. I guess I find his cheerful room so endearing because you can't help smiling when you walk into it."

8

Six years ago newlyweds Marion and Michael Smith moved into a farmhouse in Jackson Heights, New York, and began restoring the neglected home. Although the house dates to the 1600s, romantic Marion wanted a Victorian living room. She scoured flea markets for damask, lace and fringe. The result? A salon where Marion invites friends for tea. Eighth prize: a $200 gift certificate from the Bombay Company.





"My favorite room in our three-hundred-year-old house has to be the living room. Its ambience of romance, history and formality provides a perfect escape when I want to relax but feel special at the same time."

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Anywhere and everywhere there's dust, Endust works like a dust magnet. In fact, nothing dusts better than Endust.





9

Jessica Tedisky's reproduction 1680 bow cape home in Preston, Connecticut, inspired her to decorate in a traditional country style. The simple, pared-down decor is inviting, yet easy to keep up *and* clean up (a must with three active kids!). The blue painted mantel and wainscot and rag rugs cozy up the space instantly. Ninth prize: a $200 gift certificate from the Bombay Company.

"Spacious and sunny—that's what makes my living room so enjoyable. I can look out on my herb garden, and during summer I throw open the windows to let the rich scents drift in."



10

When the hustle and bustle of New York City becomes overwhelming, Betsy Brittenham heads to her best-loved room in her 1739 Connecticut summer home. The rustic sitting room used to be a hayloft (the house was once a dairy farm). It features curvy twig chairs, an old wool flag and a string of chili peppers from Betsy's hometown of Santa Fe. Olé! Tenth prize: two solid brass candlesticks from Virginia Metalcrafters.



"I call this my Americana room. Since the rest of our house is more formal, decorated with elegant English and French furnishings, I chose this room to display my eclectic collection of all-American treasures that don't fit in anywhere else."

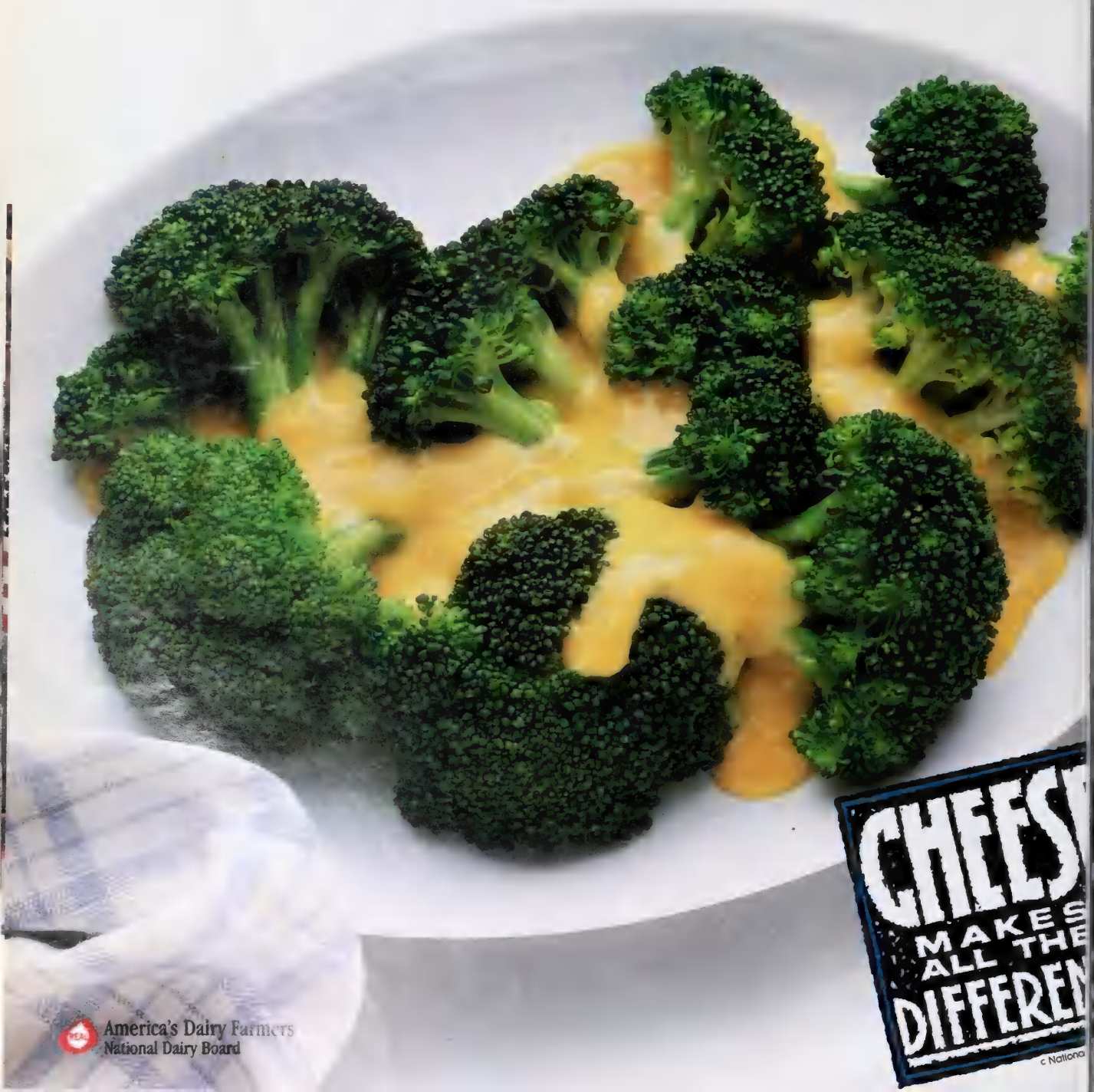

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HOW CHEDDAR CHEESE GIVES PLAIN VEGETABLES A TASTE YOU'LL FANC

This bunch of broccoli was utterly uninspired, until a simple cheddar sauce melted your heart. How could something so easy make such a difference? Try this simple recipe and see!

MICROWAVE CHEDDAR SAUCE RECIPE

Heat 1 c. milk 2 minutes on medium high. Set aside. Melt 2 Tbs. butter 1 minute on high. Stir in 2 Tbs. flour, heat 1 minute more on high. Briskly stir in warm milk. Blend well. Cook on high 2½ minutes, or until boiling. Stir in 1 c. grated cheddar cheese. Blend well.



America's Dairy Farmers
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Fall is chock-full of new cooking ideas, including fun family dinners and the greatest cakes ever baked

FOOD JOURNAL



LADIES' HOME JOURNAL TRIPLE-TESTED RECIPES





The red-and-gold-splashed glory of autumn is in full swing! Cook up fresh fall veggies California-style with recipes from **GLORIOUS GREENS** *. . . Now that school's started and everybody has a different schedule, is planning a sit-down meal out of the question? Take it easy with super* **SUPPER SANDWICHES** *. . . Since autumn also brings a new season of television, sample our* **TV DINNERS** *for yummy viewing . . . Bone up on your culinary skills with the second course in* **THE LHJ COOKING SCHOOL**. *This month features four per-*

OCTOBER



fect-for-guests entrées . . . And wrap up a great meal with one of your favorite **CLASSIC CAKES** *from a century of LHJ recipes. . . Now, that's a fabulous month of food!*


Photos, Michael Moiken; prop stylist, Betty Denny; food stylist, Mark Ellis



Sandwich stars, clockwise from top left: Tarragon Tuna Melt • Southwest Steak Sandwich • New Wave Hero • Roasted Pepper–Goat Cheese Sandwich • Reuben Reuben • Mediterranean Shrimp Sandwich • Middle East Turkey Pitas

NEXT TIME DINNER CALLS FOR FAST, FUN FARE, DIG INTO OUR INNOVATIVE SMORGASBORD OF REAL FAMILY PLEASERS, FEATURING HEARTY HEROS, OVERSTUFFED PITA POCKETS AND OPEN-FACE EXTRAVAGANZAS

SUPER SUPPER SANDWICHES



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SUPER SANDWICHES
continued

Easy · Moderate · Challenging · (M) Microwave

SOUTHWEST STEAK SANDWICH

Use a firm, hearty bread to stand up to the flavorful beef.

Prep time: 20 minutes plus marinating
Cooking time: 5 minutes ○

Dressing
- 1 cup green or red salsa
- 1 fresh jalapeño chili, seeded and minced
- 1 green onion, chopped
- 1 tablespoon chopped fresh cilantro
- 2 tablespoons sour cream

- ¾ pound beef flank steak
- 2 tablespoons vegetable oil
- 2 tablespoons lime juice
- 1 teaspoon grated lime peel
- 2 tablespoons chopped fresh cilantro
- 2 garlic cloves, chopped
- ½ teaspoon ground cumin
- Salt and freshly ground pepper to taste
- 1 ripe avocado, peeled, pitted and mashed
- 4 slices sourdough or Italian bread, toasted
- 4 tomato slices

Dressing: Combine salsa, chili, green onion and cilantro in medium bowl. Stir in sour cream. Refrigerate.

Place steak in glass dish. Process next 6 ingredients and salt and pepper in food processor. Pour over steak; turn to coat. Cover; marinate 30 minutes, turning once.

Preheat broiler. Broil steak, basting with marinade, 5 to 7 minutes per side for medium-rare. Slice thin diagonally. Spread avocado on bread slices. Layer with tomatoes, steak and dressing. Makes 4.

Nutrition info per sandwich: 390 calories, 20 gm protein, 23 gm fat, 26 gm carbohydrates, 589 mg sodium, 49 mg cholesterol.

TARRAGON TUNA MELT

Tarragon and radish are flavor surprises in our version of a classic.

Total prep time: 15 minutes ○

- 2 cans (6½ oz. each) tuna packed in water, drained
- ½ cup mayonnaise
- 1 tablespoon Dijon mustard
- ⅓ cup chopped radishes
- 1 green onion, chopped
- 1 tablespoon chopped fresh tarragon
- 1 tablespoon chopped fresh parsley
- Salt and freshly ground pepper to taste
- 8 slices dark pumpernickel bread, toasted
- 8 tomato slices
- 4 slices Muenster cheese
- 8 slices cooked bacon

Preheat broiler and broiler pan. Mix first 9 ingredients in bowl. Place mixture evenly on bread slices. Top each with tomato slice; top 4 with cheese. Broil 1 to 2 minutes, until chee melted. Top with bacon. Makes 4.

Nutrition info per sandwich: 610 calories, protein, 35 gm fat, 37 gm carbohydrates, 1,2 sodium, 79 mg cholesterol.

NEW WAVE HERO

If you find the flavor of sun-dried t toes too harsh, soak them in hot wat ten minutes, then drain and chop.

Total prep time: 20 minutes

Mayonnaise
- ½ cup mayonnaise
- 1 teaspoon lemon juice
- 1 teaspoon Dijon mustard
- Pinch salt
- 2 tablespoons minced sun-dried toma
- 1 tablespoon minced fresh chives
- 1 tablespoon chopped fresh parsley

- 2 loaves French bread (8 oz. each), split
- 1 head radicchio or 1 bunch watercress
- ½ cucumber, scored and sliced
- 2 ounces sliced smoked turkey
- 6 ounces sliced prosciuttini (peppered ha
- 3 ounces sliced sopressata or other hard
- 2 ounces sliced prosciutto ham

Mayonnaise: Stir all ingredient gether in bowl until well blended

Spread 1 tablespoon mayonnai each bread half. Place radicchio o tom bread halves. Layer with cu ber, meats, then tops of bread. sandwiches into thirds. Makes 6.

Nutrition info per sandwich: 515 calories, protein, 27 gm fat, 42 gm carbohydrates, 1,8 sodium, 50 mg cholesterol.

MIDDLE EASTERN TURKEY PITAS

The secret of these moist, tender t meatballs is shredded zucchini.

Prep time: 40 minutes
Cooking time: 15 minutes

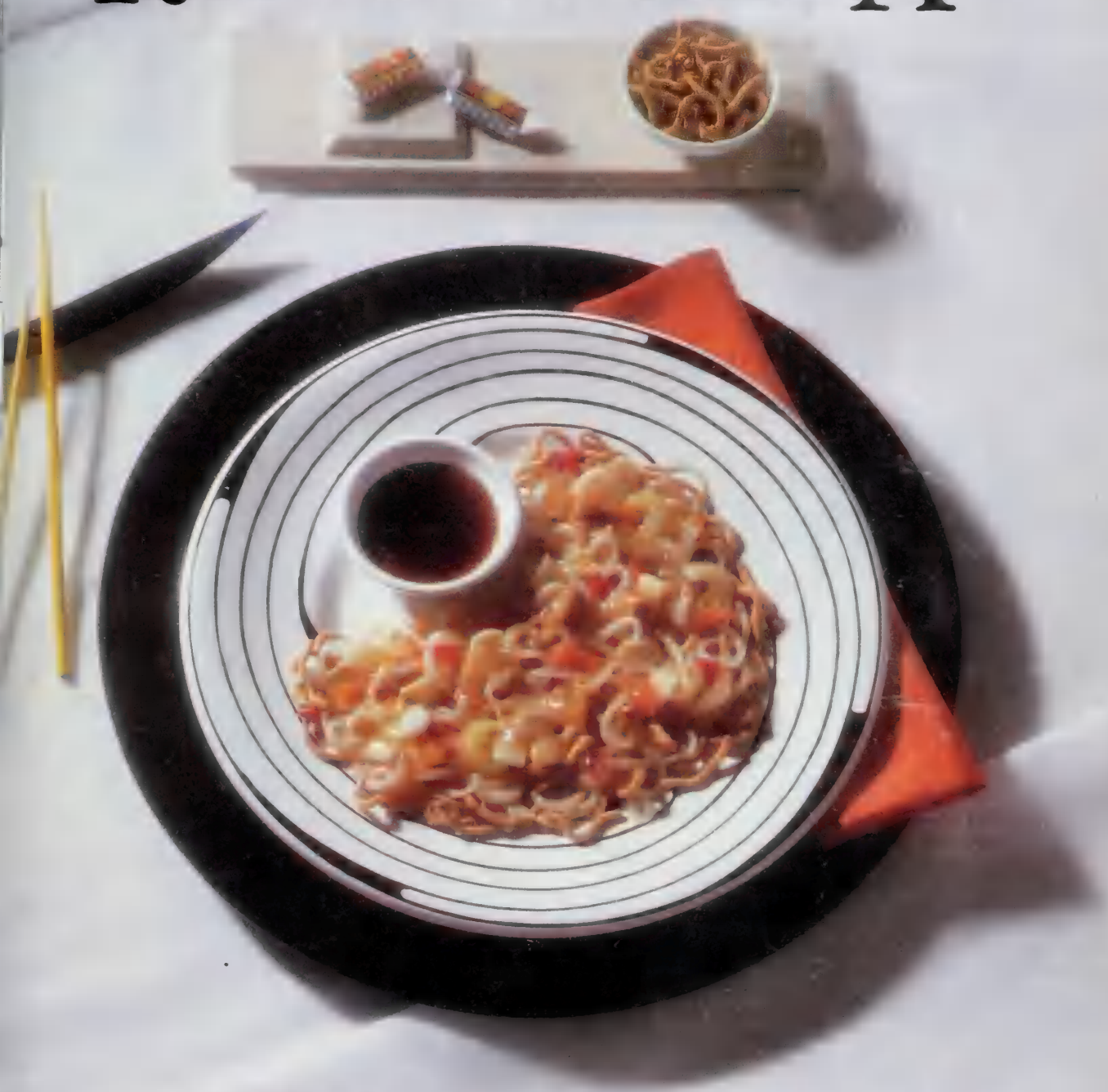
Yogurt Sauce
- 1 cup plain low-fat or nonfat yogurt
- 2 tablespoons shredded carrot
- 2 tablespoons chopped fresh mint
- ½ teaspoon red pepper sauce
- Freshly ground pepper

Basting Mixture
- 3 tablespoons olive oil
- 1 tablespoon fresh lemon juice
- 1 tablespoon choppped fresh mint
- ¼ teaspoon ground cumin

- 1 pound ground turkey
- ½ cup shredded zucchini
- ½ cup dry unflavored bread crumbs
- ¼ cup finely chopped onion
- ¼ cup chopped fresh mint
- 1 teaspoon ground cumin
- 1 large egg
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 *each* medium zucchini and yellow squa into ½- inch slices
- 1 red pepper, seeded and cut into 1-incl pieces

(conti

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SUPER SANDWICHES
continued

4 pita breads, warmed
¼ cup shredded carrot

Yogurt Sauce: Combine all ingredients in small bowl. Set aside.

Basting Mixture: Whisk all ingredients together in small bowl. Set aside.

Prepare grill or preheat broiler. Stir next 9 ingredients in bowl until well blended. Shape into 1½-inch balls. Thread meatballs and vegetables alternately on 4 metal skewers. Grill 15 minutes, basting and turning, until meatballs are cooked through. Spoon into pitas. Top with Yogurt Sauce and carrot. Makes 4.

Nutrition info per sandwich: 585 calories, 33 gm protein, 25 gm fat, 57 gm carbohydrates, 914 mg sodium, 133 mg cholesterol.

REUBEN REUBEN

Chicken and fresh cabbage slaw stand in for the corned beef and sauerkraut.

Prep time: 15 minutes
Cooking time: 10 minutes

Russsian Slaw
- **¼ cup mayonnaise**
- **1 tablespoon ketchup**
- **1 tablespoon sweet pickle relish**
- **1 tablespoon prepared horseradish**
- **½ teaspoon Worcestershire sauce**
- **2 cups shredded green or red cabbage**

- **4 tablespoons butter, softened, divided**
- **4 boneless, skinless chicken cutlets (4½ oz. each)**
- **Salt and freshly ground pepper**
- **8 slices rye bread**
- **8 slices Canadian bacon**
- **4 slices red onion**
- **4 slices Jarlsberg cheese**

Russian Slaw: Combine all ingredients except cabbage in medium bowl. Toss with cabbage until well blended.

Melt 1 tablespoon butter in large skillet over medium heat. Add chicken, sprinkle with salt and pepper, and cook until lightly browned, about 2 minutes per side. Transfer to plate.

Spoon slaw onto 4 bread slices. Top each with 1 cutlet, 2 bacon slices and 1 slice each onion and cheese. Add remaining bread. Spread top and bottom with remaining butter. Grill in skillet over medium-high heat, until browned, 2 to 3 minutes per side. Makes 4.

Nutrition info per sandwich: 675 calories, 54 gm protein, 36 gm fat, 34 gm carbohydrates, 1,580 mg sodium, 161 mg cholesterol.

MEDITERRANEAN SHRIMP SANDWICH

It's tedious to pit all the olives for the paste, but it's worth the effort.

Prep time: 20 minutes
Cooking time: 15 minutes

Olive Paste
- **¾ cup (4 oz.) Kalamata olives, pitted**
- **1 tablespoon olive oil**
- **¼ teaspoon anchovy paste**
- **1 small garlic clove, minced**

- **2 tablespoons olive oil**
- **1 cup chopped red onions**
- **2 cups diced plum tomatoes**
- **1½ pounds large shrimp, peeled and deve**
- **1 cup shredded fresh spinach plus 20 fr spinach leaves**
- **2 teaspoons fresh lemon juice**
- **2 teaspoons chopped fresh dill**
- **Freshly ground pepper to taste**
- **6 individual French rolls**
- **4 ounces feta cheese, crumbled**

Olive Paste: Process all ingredien paste in food processor.

Heat oil in large skillet over m um heat. Add onions and sauté translucent, 3 minutes. Add tom and cook, stirring, 5 minutes. shrimp and cook until pink, 3 mi more. Add shredded spinach, l juice, dill and pepper; cook 1 min

Spread Olive Paste on each roll Add spinach leaves and shrimp ture and sprinkle with feta. Mak

Nutrition info per sandwich: 450 calories, protein, 20 gm fat, 40 gm carbohydrates, 1,2 sodium, 159 mg cholesterol.

ROASTED PEPPER–GOAT CHEESE SANDW

Inspired by a sandwich at Arizona a trendy New York restaurant.

Prep time: 15 minutes
Cooking time: 25 minutes

- **2 yellow peppers**
- **¼ cup extra-virgin olive oil**
- **⅓ cup chopped shallots**
- **1 tablespoon balsamic vinegar**
- **1 tablespoon chopped fresh oregano**
- **Salt and freshly ground pepper**
- **8 slices Italian peasant bread, toasted**
- **2 cups arugula leaves**
- **5 ounces goat cheese, sliced ¼ inch thick**
- **2 ounces shaved Parmesan cheese**

Prepare grill. Grill peppers 15 minutes, turning, until charred sides. Transfer to bowl and When cool enough to handle, peel pers, seed and cut into ½-inch str

Heat oil in skillet over medium Add shallots and sauté 4 to 5 mi Add vinegar and oregano; cook 1 ute. Season with salt and pepper to

Brush shallot mixture on b slices. Layer 4 of the bread slices 1¾ cups arugula leaves, peppers, cheese, Parmesan and remaining gula. Sprinkle with pepper. Top remaining bread. Makes 4.

Nutrition info per sandwich: 485 calories, protein, 29 gm fat, 40 gm carbohydrates, 7 sodium, 43 mg cholesterol.

Recipes by Barbara Chernetz, a lance food writer in New York Ci


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TV DINNERS



Jessica Fletcher, ace sleuth of **Murder, She Wrote**, muses over clues while sampling a down-east treat—Lobster Tea Sandwiches, Cucumber-Watercre Sandwiches and Blueberry Buttermilk Scones



When Cliff Huxtable takes control of the **Cosby Show** kitchen, you know he's whipping up a secret family recipe (and making a mess, of course). Here, our interpretation of the Huxtables' famed spaghetti sauce



The Wonder Years brings back the sixties, including the classic food. Watching the Arnolds eat dinner, (complete with Kevin and Wayne's mashed potato fights to the death) reminds us of the homey fare Mom used to make, like Meatballs with Creamy Herb Gravy and, naturally, mashed potatoes



We don't know why it's called chili sauce, either.

What's in a name?

Try chunks of fresh tomatoes. The sweetest onions. And a blend of mild spices that brings a tangy taste to all of your favorite recipes.

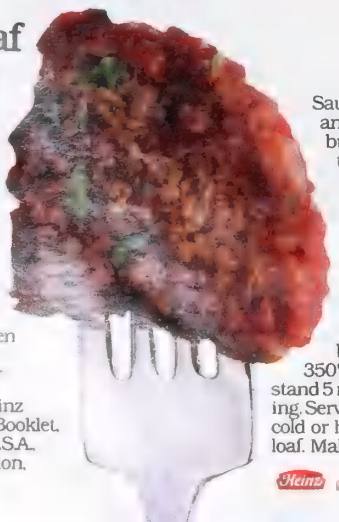
That's our Heinz Chili Sauce.

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Fiesta Meat Loaf

½ c. chopped onion
½ c. chopped celery
¼ c. chopped green pepper
2 tablespoons butter or margarine
1 bottle Heinz Chili Sauce (12 oz)
1½ pounds lean ground beef
1 c. soft bread crumbs
1 egg, slightly beaten
½ teaspoon salt
⅛ teaspoon pepper

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Sauté onion, celery and green pepper in butter until vegetables are tender. Stir in chili sauce. Combine ½ cup this mixture with ground beef, bread crumbs, egg, salt and pepper. Form into loaf (8" x 4" x 1½") in shallow baking pan. Bake in 350°F oven, 1 hour. Let stand 5 minutes before slicing. Serve remaining sauce, cold or heated, over meat loaf. Makes 6 servings.

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■ TV DINNERS
continued

Easy ◒ Moderate ● Challenging Ⓜ Microwa

ROSEANNE
DOMESTIC GODDESS CHILI



When Roseanne's gang quits fighting about whose turn to set the table, they chow down on this.

Prep time: 10 minutes Cooking time: 20 minutes

2 pounds ground beef
2 cups chopped onions
¼ cup chili powder
2 teaspoons minced garlic
2 cans (15 oz. each) tomato sauce
2 jars (8 oz. each) mild or medium taco sauce
2 cans (15 oz. each) kidney beans, drained and rinsed
Shredded Cheddar cheese and tortilla chips

Cook beef in Dutch oven over high heat, stirring to b up meat, until no longer pink, 3 minutes. Add onions cook, stirring, until translucent, 2 minutes. Stir in powder and garlic; cook 1 minute. Stir in tomato sauce taco sauce; bring to boil. Reduce heat and simmer u ered 10 minutes. Stir in kidney beans and heat thro Serve with cheese and chips. Makes 10 servings.

Nutrition info per serving: 415 calories, 21 gm protein, 31 gm fat, carbohydrates, 1,254 mg sodium, 77 mg cholesterol.

THE GOLDEN GIRLS
FLORIDA CITRUS SNAPPER



The gals are always watching their weight, so they fav light flavor of broiled fish.

Prep time: 10 minutes Cooking time: 7 minutes

2 tablespoons plus 1 teaspoon fresh lime juice
2 tablespoons olive oil
½ teaspoon *each* salt and freshly ground pepper
½ teaspoon minced garlic
4 red snapper fillets (1½-2 lb.)
2 oranges, sectioned
1 ripe avocado, sliced
1 tablespoon chopped flat-leaf parsley
Lime wedges, for garnish

eheat broiler and broiler pan. Combine 2 tablespoons
ne juice, olive oil, salt, pepper and garlic in shallow dish.
ld snapper fillets, turning to coat; let stand 10 minutes.
Meanwhile, arrange orange sections and avocado on
rving dish. Sprinkle with remaining 1 teaspoon lime
ice and the parsley. Place snapper fillets skin side up on
t broiler pan; drizzle remaining marinade on top. Broil 7
inutes or just until opaque throughout. Transfer to serv-
g plate. Serve with lime wedges. Makes 4 servings.

trition info per serving: 380 calories, 42 gm protein, 17 gm fat, 14 gm bohydrates, 406 mg sodium, 73 mg cholesterol.

SIGNING WOMEN
SSY PECAN TART



uldn't you just see Atlanta belle Suzanne Sugarbaker lishing off a little ole piece of this pie?

p time: 40 minutes plus chilling Baking time: 55 to 60 minutes

try
- **1¼ cups all-purpose flour**
- **¼ cup ground toasted pecans**
- **1 tablespoon sugar**
- **¼ teaspoon salt**
- **6 tablespoons cold butter or margarine, cut up**
- **2 tablespoons shortening**
- **3 to 4 tablespoons ice water**

ing
- **3 large eggs, lightly beaten**
- **¾ cup dark corn syrup**
- **½ cup sugar**
- **2 tablespoons butter or margarine, melted**
- **1 tablespoon dark rum**
- **1 teaspoon vanilla extract**
- **1 cup chopped pecans, toasted**
- **½ cup pecan halves, toasted**

stry: Combine flour, pecans, sugar and salt in medium wl. With pastry blender, cut in butter and shortening til mixture resembles coarse crumbs. Sprinkle on water ablespoon at a time, tossing with fork until pastry just lds together. Shape into ball; flatten slightly. Cover with astic wrap; refrigerate 1 hour.

Roll pastry on lightly floured wax paper into 12-inch cle. Line 10-inch tart pan with removable bottom with stry. Prick bottom with fork. Freeze 15 minutes.

Preheat oven to 400°F. Line pastry with foil and fill with cooked rice or dried beans. Place on cookie sheet and ke 20 minutes or until sides are firm. Remove foil and e or beans and continue baking crust 5 to 10 minutes ore, until pale golden. Cool on wire rack. Reduce heat to 0°F.

lling: Combine all ingredients except pecans in mixer wl; stir until well mixed. Fold in chopped pecans. Pour o pie shell and place pecan halves on top.

Bake tart on cookie sheet 25 to 30 minutes, until filling ffs slightly and is just set. Cool on wire rack. Makes 8 vings.

rition info per serving: 540 calories, 6 gm protein, 33 gm fat, 57 gm bohydrates, 230 mg sodium, 111 mg cholesterol.

(continued)



Peel, seeds, pulp, and lemon juice.



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TV DINNERS
continued

THE COSBY SHOW
CLIFF HUXTABLE'S SPICY SPAGHETTI

Some like it hot. Count on Italian sausage, garlic and plenty of pepper for a fiery flavor.

Prep time: 10 minutes
Cooking time: 1 hour 15 minutes

- 1 pound sweet Italian sausage
- ½ pound hot Italian sausage
- 2 cups chopped onions
- 1 pound mushrooms, sliced
- ½ cup finely chopped carrots
- 2 tablespoons minced garlic
- 2 cans (35 oz. each) tomatoes
- 1 can (6 oz.) tomato paste
- 1 teaspoon salt
- ½ teaspoon *each* freshly ground pepper, basil and oregano
- 2 pounds spaghetti, cooked according to package directions
- Freshly grated Parmesan cheese

Remove sausages from casings. Cook in large Dutch oven over medium-high heat, stirring to break up meat, until browned, 10 to 15 minutes. Drain.

Stir in onions, mushrooms, carrots and garlic; cook until softened, about 10 minutes. Add tomatoes, tomato paste, salt, pepper, basil and oregano. Bring to boil, breaking up tomatoes with spoon. Reduce heat and simmer uncovered 1 hour. Makes 11 cups sauce.

Serve over spaghetti with Parmesan. Makes 8 servings.

Nutrition info per serving: 725 calories, 32 gm protein, 18 gm fat, 108 gm carbohydrates, 1,429 mg sodium, 49 mg cholesterol.

THE WONDER YEARS
MEATBALLS AND CREAMY HERB GRAVY

A back-to-the-future dinner for the nineties. This version of your mom's favorite has a trendy dose of oats.

Prep time: 15 minutes
Cooking time: 25 minutes

Meatballs

- ½ pound *each* ground beef, pork and veal
- ¾ cup uncooked oats
- ¼ cup chopped fresh parsley
- ¼ cup minced onion
- ¼ cup milk
- 1 large egg
- 2 tablespoons ketchup
- 1 teaspoon salt
- 1 teaspoon Worcestershire sauce
- ¼ teaspoon freshly ground pepper

Herb Gravy

- 2 tablespoons butter or margarine
- 2 tablespoons flour
- 1 can (13¾ or 14½ oz.) chicken broth
- ⅔ cup heavy or whipping cream
- ¼ teaspoon thyme
- 2 tablespoons chopped fresh parsley

Meatballs: Place roasting pan in oven and preheat to 400°F. Gently mix all ingredients in large bowl. Shape into 1½-inch balls; roll in flour, shaking off excess. Remove pan from oven and brush with oil. Arrange meatballs in pan and bake 10 minutes; turn and bake until browned, 10 to 15 minutes more.

Herb Gravy: Meanwhile, beat butter and flour together until well blended. Transfer meatballs to serving bowl, cover and keep warm. Place chicken broth, cream and thyme in roasting pan over high heat, scraping up browned bits from bottom of pan; bring to boil. Whisk in butter mixture until smooth. Cook until thickened and reduced to 1½ cups, about 3 minutes.

Pour gravy over meatballs and sprinkle with parsley. Serve with mashed potatoes (recipe follows). Makes 6 servings.

Nutrition info per serving: 490 calories, 24 gm protein, 38 gm fat, 13 gm carbohydrates, 923 mg sodium, 174 mg cholesterol.

FOOD FIGHT MASHED POTATOES

Want to avoid lumps? Be sure to use lots of elbow grease—or an electric mixer.

Prep time: 10 minutes
Cooking time: 20 minutes

- Salt
- 2 pounds all-purpose potatoes, peeled
- ½ cup milk
- 3 tablespoons butter or margarine
- Freshly ground pepper

Place potatoes in salted water to cover in large saucepan; bring to boil. Cook covered until fork-tender, about 20 minutes. Drain. Place in bowl.

Heat milk and butter in saucepan until hot. Pour over potatoes and mash with potato masher until smooth. Season to taste. Makes 6 servings.

Nutrition info per serving: 155 calories, 3 gm protein, 7 gm fat, 21 gm carbohydrates, 165 mg sodium, 18 mg cholesterol.

MURDER SHE WROTE
JESSICA'S TEA SANDWICHES

Our plot for a perfect afternoon: reading the latest whodunit by J.B. Fletcher and nibbling these delicate sandwiches

Lobster

Total prep time: 15 minutes

- 4 ounces cooked lobster or crabmeat, flaked, then chopped fine
- 3 tablespoons mayonnaise
- 1 tablespoon chopped chives
- 2 teaspoons fresh lemon juice
- Pinch salt
- Pinch ground red pepper
- 2 tablespoons butter, softened
- 6 very thin slices white bread

Combine lobster, mayonnaise, chives, lemon juice, salt and red pepper in bowl. Spread butter thinly on bre Spread 3 bread slices with lobster m ture, then top with remaining bre Trim crusts; cut each sandwich int rectangles. Makes 9 sandwiches.

Nutrition info per sandwich: 95 calories, 3 protein, 7 gm fat, 5 gm carbohydrates, 163 sodium, 19 mg cholesterol.

Cucumber and watercress

Total prep time: 15 minutes

- 1 package (3 oz.) cream cheese, softened
- 2 tablespoons finely chopped green onions
- Pinch salt
- 6 very thin slices whole-wheat bread
- ½ cup very thinly sliced European cucumber
- ½ cup small watercress sprigs

Beat cream cheese, green onions a salt in bowl until smooth. Spread th ly on bread. Place cucumber and tercress on 3 bread slices; top with maining bread. Trim crusts; cut e sandwich into 4 triangles. Makes sandwiches.

Nutrition info per 2 sandwiches: 85 calories, 3 protein, 5 gm fat, 8 gm carbohydrates, 140 sodium, 16 mg cholesterol.

BLUEBERRY BUTTERMILK SCONES

A veddy British tea-time staple m Yankee-style with blueberries.

Prep time: 15 minutes
Baking time: 15 to 25 minutes

- 2 cups all-purpose flour
- 3 tablespoons sugar, divided
- 2½ teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¼ cup butter or margarine, softened
- ¾ cup fresh or frozen blueberries
- ⅔ cup plus 2 tablespoons buttermilk
- 1 large egg, lightly beaten

Preheat oven to 425°F. Grease a flour cookie sheet.

Combine flour, 2 tablespoons sug and the baking powder, baking s and salt in large bowl. With pas blender cut in butter until mixture sembles coarse crumbs. Stir in berr

Combine buttermilk and egg small bowl. Pour into flour mixt stirring until dough just holds toge er. Gently knead dough on ligh floured surface just until smoo shape into ball. Transfer to prepa cookie sheet. Pat into 8-inch circle inch thick. Sprinkle top with rema ing 1 tablespoon sugar. Cut into wedges. Bake 15 minutes (25 minu for frozen berries) or until gold Transfer to wire rack. Serve wa Makes 1 dozen.

Nutrition info per serving: 140 calories, 3 gm tein, 5 gm fat, 21 gm carbohydrates, 276 mg so 29 mg cholesterol.

Recipes developed by Carol Pra Kathy Jackette and Lisa Brainerd.



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It's an *LHJ* salute to decades of delectable desserts! Treat your sweet tooth to a timeless taste from the *Journal*'s past—confections for all seasons, from the elegant Victorian era to the nifty fifties right on up to the trendy eighties



Photos: Irwin Horowitz; prop stylist, Yvonne McMurry; food stylist, A.J. Battilarano

CAKES



Clockwise from bottom right: turn-of-the-century Black-Pepper Pound Cake; 1910's Lady Baltimore Cake; and from the Roaring Twenties, everybody's favorite, Pineapple Upside-Down Cake



From left: the thirties' Strawberry Icebox Cake; the forties' heavenly Citrus Chiffon Cake; and from the fifties, German Chocolate Cake

Nutrition info for these recipes appears on page 207.



Black-pepper pound cake

At the turn of the century, cream of tartar plus an acid (such as lemon juice) was a common leavening.

Prep time: 30 minutes plus standing
Baking time: 1 hour

- 1½ cups all-purpose flour
- ½ teaspoon cream of tartar
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- ¼ teaspoon mace or nutmeg
- 1 cup unsalted butter, softened
- 1 cup sugar
- 4 large eggs, at room temperature
- 1 tablespoon fresh lemon juice
- 1 teaspoon vanilla extract

Preheat oven to 325°F. Grease and flour a 6-cup kugelhopf pan or a Bundt pan.

Combine dry ingredients in bowl. Beat butter in large mixer bowl until light. Gradually add sugar and continue beating until light and fluffy, about 5 minutes. Beat in eggs one at a time, beating 1 minute after each addition. Stir in lemon juice and vanilla. Add dry ingredients and beat 1 minute more. Pour into prepared pan.

Bake 1 hour or until toothpick inserted in center comes out clean. Cool in pan on wire rack 15 minutes; remove from pan and cool completely. Let stand covered overnight. Makes 16 servings.



Lady Baltimore cake

This elegant dessert was invented by the heroine of the popular Southern novel "Lady Baltimore."

Prep time: 45 minutes plus cooling
Baking time: 20 to 25 minutes

- 1½ cups sugar
- ½ cup butter or margarine, softened
- 1 cup milk
- 1 teaspoon vanilla extract
- 1¾ cups all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 4 egg whites

Filling

- ½ cup golden seedless raisins
- ½ cup finely chopped dried figs
- ½ cup finely chopped pecans
- ¼ cup chopped candied red cherries
- 2 tablespoons brandy

Frosting

- 1 cup sugar
- ¼ cup light corn syrup
- ¼ cup water
- 2 egg whites
- ¼ teaspoon salt
- ¼ teaspoon cream of tartar
- 1 teaspoon vanilla extract

Preheat oven to 350°F. Grease and three 8-inch round cake pans.

Beat sugar and butter in large n bowl at medium speed until light fluffy, scraping sides occasionally duce speed to low and gradually in milk; add vanilla and mix blended. (Mixture will look curdle

Combine flour, baking powder salt in another bowl; add to milk ture and continue beating just smooth. Whisk egg whites in s bowl just until frothy. Fold into b mixture with rubber spatula. evenly into prepared pans.

Bake 20 to 25 minutes, until t pick inserted in center comes clean. Cool in pans on wire rac minutes, then remove from pans cool completely.

Filling: Place all ingredients in s bowl. Let stand 1 hour.

Frosting: Place all ingredients e vanilla in top of double boiler. boiling water, beat with hand- electric mixer to soft peaks, abo minutes. Remove from heat; add v la and continue beating until Measure 2 cups and fold into fillir

Place one cake layer on p Spread half the filling on top. Add ond layer; spread with remaining ing. Top with third layer and fros and sides of cake. Makes 12 servi



The sixties' Fudge Surprise Bundt Cake; Carrot Cake with Cream-Cheese Icing, a seventies treat, and 1980s Chocolate Hazelnut Cake



Pineapple upside-down cake

Pineapple became the fruit of choic skillet cakes after this recipe w 1925 pineapple cooking contest.

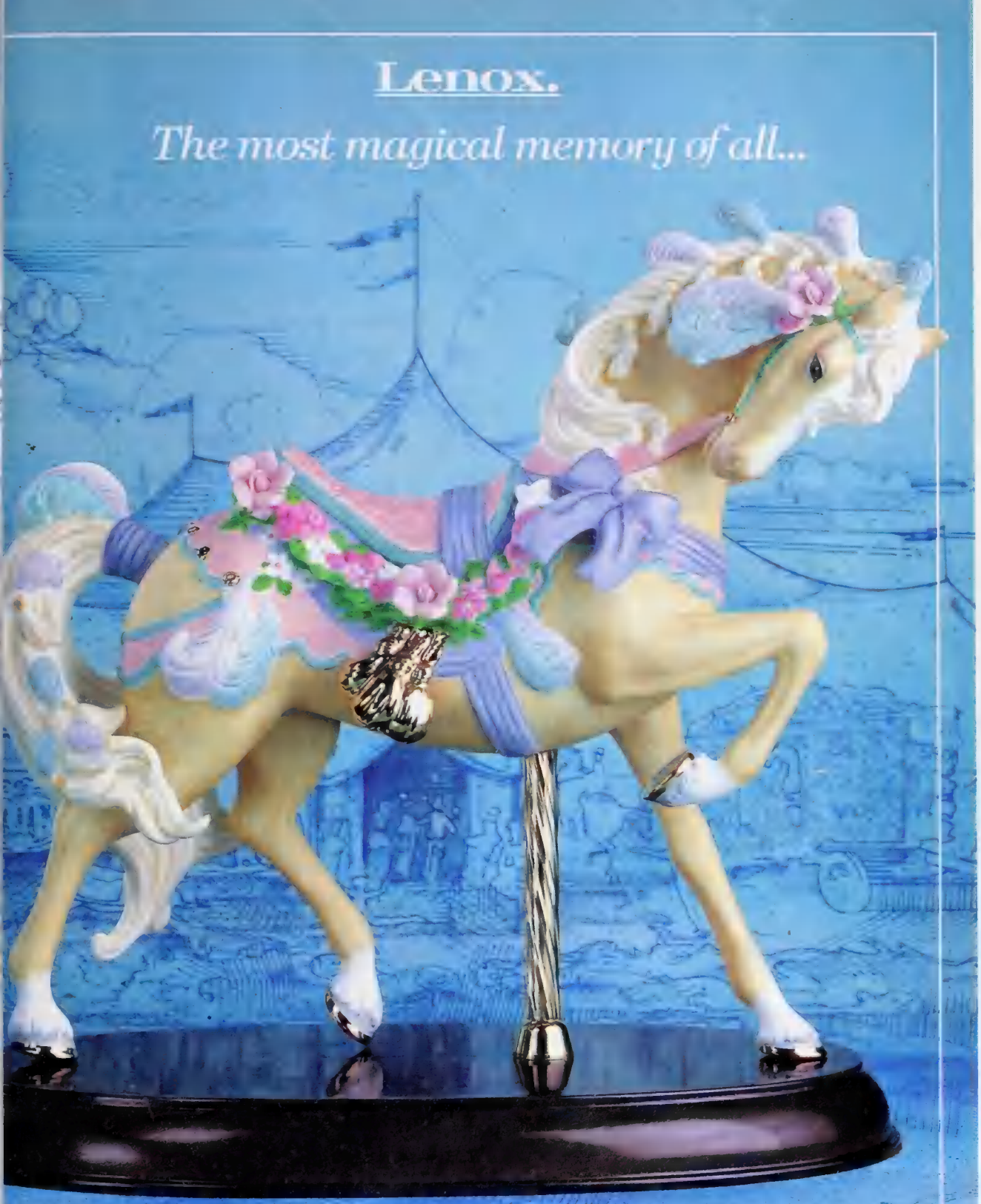
Prep time: 20 minutes
Baking time: 40 to 45 minutes

- 1½ cups all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon salt

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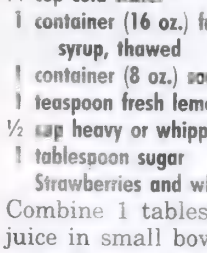
½ cup plus 2 tablespoons butter or margarine
1 cup granulated sugar
2 large eggs, separated, at room temperature
½ cup milk
1 teaspoon vanilla extract
¾ cup firmly packed brown sugar
1 can (20 oz.) sliced pineapple in syrup
Maraschino cherries, for garnish (optional)

Preheat oven to 350°F. Mix flour, baking powder and salt in bowl. Beat ½ cup butter and granulated sugar in large mixer bowl until light and fluffy. Add egg yolks one at a time, beating well after each addition. Combine milk and vanilla. Stir dry ingredients into yolk mixture alternately with milk mixture, beginning and ending with dry ingredients.

Beat egg whites in small mixer bowl until stiff but not dry. Fold into batter.

Melt 2 tablespoons butter in 10-inch cast-iron skillet, brushing sides. Sprinkle with brown sugar and add drained pineapple in single layer. Pour batter on top.

Bake 40 to 45 minutes, until toothpick inserted in center comes out clean. Loosen edge from pan and immediately invert onto plate; cool. Garnish with cherries. Makes 8 servings.



Strawberry icebox cake

To show off the latest appliance, the refrigerator, this cool dessert became the trend during the thirties.

Prep time: 25 minutes plus chilling

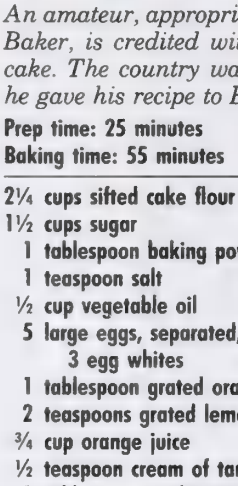
⅓ cup plus 1 tablespoon milk
3 tablespoons orange juice, divided
1 package (3 oz.) ladyfingers, split
2 envelopes unflavored gelatin
¼ cup cold water
1 container (16 oz.) frozen strawberries in syrup, thawed
1 container (8 oz.) sour cream
1 teaspoon fresh lemon juice
½ cup heavy or whipping cream
1 tablespoon sugar
Strawberries and whipped cream, for garnish

Combine 1 tablespoon *each* milk and juice in small bowl; brush on ladyfingers. Line 9x5x3-inch loaf pan with plastic wrap. Cover bottom and sides with ladyfingers, cut sides in.

Sprinkle gelatin over water in saucepan; let stand 2 minutes. Stir over low heat until completely dissolved, about 3 minutes.

Combine strawberries, sour cream, lemon juice, remaining milk and orange juice in blender; process until smooth. With machine on, gradually add gelatin mixture and process until smooth. Refrigerate until mixture is cold and mounds slightly when dropped from a spoon.

Meanwhile, in mixer bowl beat cream and sugar to soft peaks. Fold into strawberry mixture, then pour into prepared pan. Cover and refrigerate until set, 6 hours or overnight. Unmold cake onto serving platter and garnish with whipped cream and berries. Makes 10 servings.



Citrus chiffon cake

An amateur, appropriately named Harry Baker, is credited with creating chiffon cake. The country was enthralled when he gave his recipe to Betty Crocker.

Prep time: 25 minutes
Baking time: 55 minutes

2¼ cups sifted cake flour (no substitutions)
1½ cups sugar
1 tablespoon baking powder
1 teaspoon salt
½ cup vegetable oil
5 large eggs, separated, plus 3 egg whites
1 tablespoon grated orange peel
2 teaspoons grated lemon peel
¾ cup orange juice
½ teaspoon cream of tartar
1 tablespoon confectioners' sugar

Adjust oven rack to lowest position. Preheat oven to 325°F.

Sift flour, sugar, baking powder and salt into bowl. Make wide well in center and add oil, egg yolks, citrus peels and juice. Whisk until smooth.

Beat egg whites in mixer bowl until frothy. Add cream of tartar and beat to very stiff peaks. Pour yolk mixture in thin, steady stream into beaten whites; fold in gently. Pour into ungreased 10-inch tube pan.

Bake 55 minutes until cake springs back when touched gently. Immediately invert pan onto funnel; let hang until completely cool.

Remove cake from pan and turn upright onto serving plate. Sprinkle with confectioners' sugar. Makes 16 servings.



German chocolate cake

Texas is the birthplace of this tr layer cake, named for Sam Ger who developed the chocolate.

Prep time: 45 minutes plus cooling
Baking time: 30 to 35 minutes

1 bar (4 oz.) sweet baking chocolate, cut up
½ cup boiling water
¾ cup sour cream
¼ cup milk
1 cup butter or margarine, softened
1¾ cups sugar
4 large eggs, separated, at room temperature
1 teaspoon vanilla extract
2 cups all-purpose flour
1 teaspoon baking soda
½ teaspoon salt

Frosting
1 cup evaporated milk
1 cup sugar
3 large egg yolks, lightly beaten
½ cup butter or margarine
1 teaspoon vanilla extract
2 cups shredded coconut
1½ cups pecans, chopped

Preheat oven to 350°F. Grease flour three 9-inch round cake pan

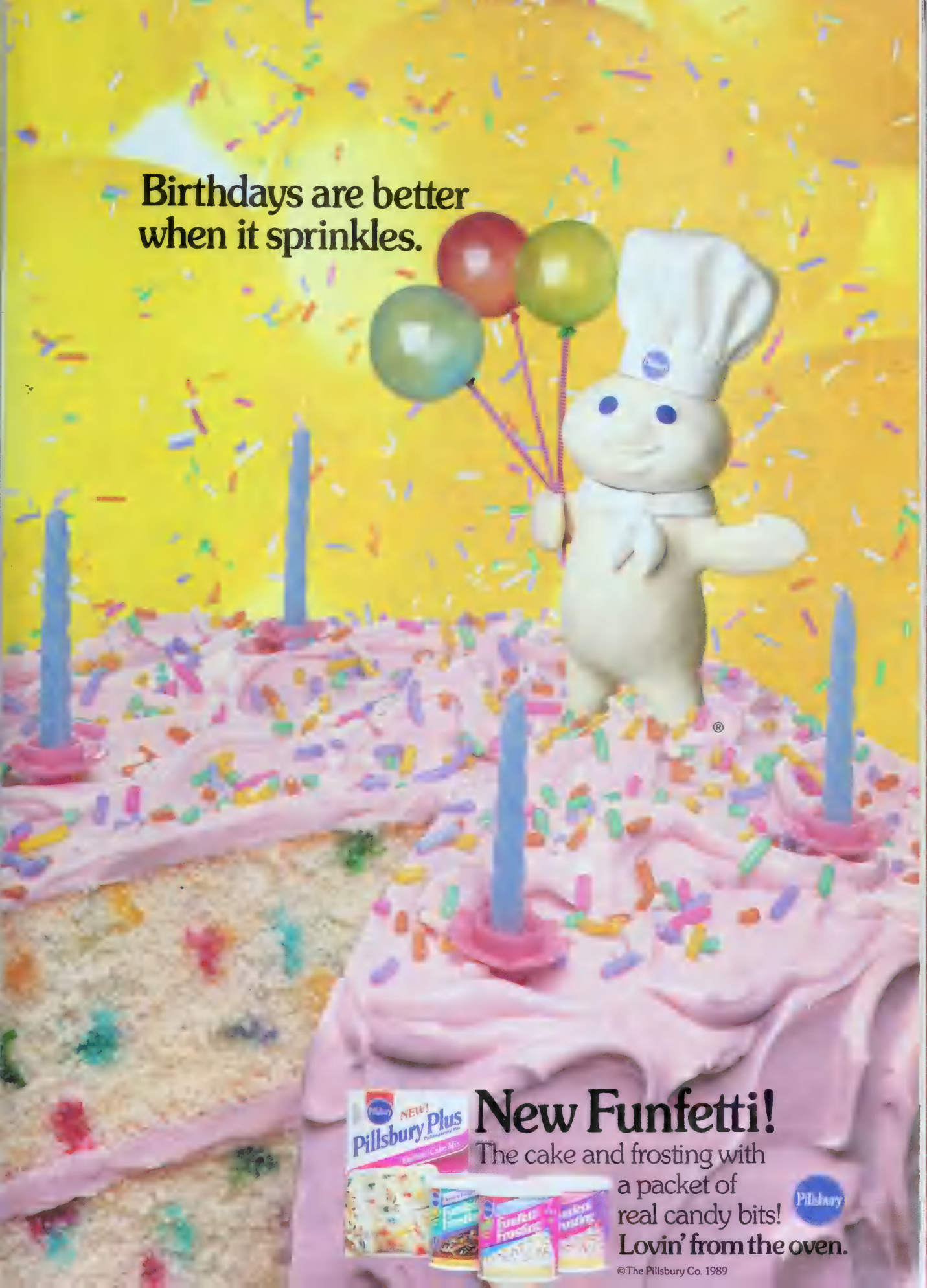
Stir chocolate and boiling wat bowl until chocolate melts; cool sour cream and milk in another Beat butter and sugar in mixer until light and fluffy. Add egg one at a time, beating well after addition. Gradually beat in m chocolate and vanilla until sm With mixer at low speed, add d gredients alternately with sour-c mixture, beginning and ending dry ingredients.

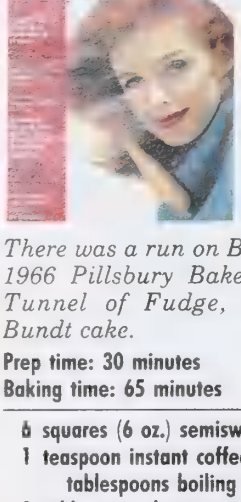
Beat egg whites in clean mixer until stiff but not dry. Fold into b Pour into prepared pans. Bake 30 minutes, until toothpick insert center comes out clean. Cool in pa wire racks 10 minutes. Remove pans and cool.

Frosting: Combine evaporated sugar, egg yolks, butter and vani large saucepan. Cook, stirring, medium heat until thickened, ab minutes. (Do not boil.) Stir in c and pecans; cool, stirring occasio

Spread frosting between l and on top of cake. Makes 16 ings.

(conti


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a packet of
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Fudge surprise Bundt cake

There was a run on Bundt pans after a 1966 Pillsbury Bake-Off winner, the Tunnel of Fudge, popularized the Bundt cake.

Prep time: 30 minutes
Baking time: 65 minutes

- 6 squares (6 oz.) semisweet chocolate
- 1 teaspoon instant coffee dissolved in 3 tablespoons boiling water
- 3 tablespoons heavy or whipping cream
- 3¼ cups all-purpose flour
- 1½ teaspoons baking powder
- ¾ teaspoon salt
- ½ teaspoon baking soda
- ½ teaspoon cinnamon
- 1 container (8 oz.) sour cream
- ¼ cup milk
- 1 cup butter or margarine, softened
- 2¼ cups sugar
- 1 tablespoon vanilla extract
- 6 large eggs
- 1 cup chopped walnuts, toasted

Glaze
- 6 squares (6 oz.) semisweet chocolate
- 2 teaspoons butter or margarine

Preheat oven to 350°F. Grease and flour 10-inch (14-cup) Bundt pan.

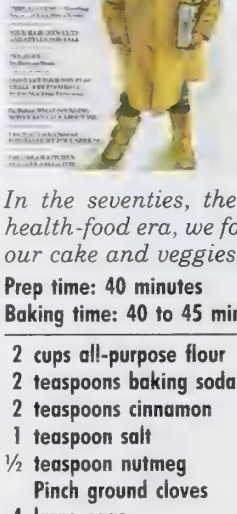
Combine chocolate and coffee in top of double boiler. Melt over simmering water, stirring until smooth. Remove from heat and stir in cream until smooth. Set aside.

Combine flour, baking powder, salt, baking soda and cinnamon in bowl. Stir sour cream and milk in another bowl. Beat butter in mixer bowl until light. Gradually add sugar and continue beating until light and fluffy, about 5 minutes. Beat in vanilla. Add eggs one at a time, beating well after each addition. At low speed gradually add dry ingredients alternately with sour cream mixture, beginning and ending with dry ingredients. Fold in walnuts.

Pour batter into prepared pan. With back of large spoon make a ½-inch depression around middle of batter. Spoon in chocolate mixture, keeping away from sides of pan.

Bake 50 minutes, then cover top of pan loosely with foil and bake 15 minutes more or until toothpick inserted in center comes out clean. Cool cake in pan 20 minutes, remove from pan and cool completely.

Glaze: Melt chocolate and butter until smooth. Pour over top of cake, spreading to run down sides. Let stand 1 hour before serving. Makes 16 servings.



Carrot cake with cream-cheese icing

In the seventies, the beginning of the health-food era, we found a way to have our cake and veggies, too!

Prep time: 40 minutes
Baking time: 40 to 45 minutes

- 2 cups all-purpose flour
- 2 teaspoons baking soda
- 2 teaspoons cinnamon
- 1 teaspoon salt
- ½ teaspoon nutmeg
- Pinch ground cloves
- 4 large eggs
- 1 cup granulated sugar
- ¾ cup firmly packed dark brown sugar
- 1 teaspoon vanilla extract
- 1 cup vegetable oil
- 3 cups (about 1 lb.) shredded carrots
- ¾ cup chopped toasted walnuts

Cream-Cheese Icing
- 1 package (8 oz.) cream cheese, softened
- ¼ cup butter or margarine
- 1 teaspoon vanilla extract
- ½ teaspoon grated orange peel
- 3 cups confectioners' sugar

½ cup chopped toasted walnuts, for garnish

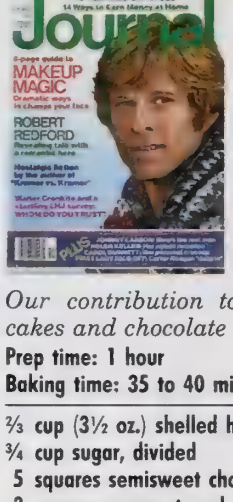
Preheat oven to 350°F. Grease and flour two 9-inch round cake pans.

Mix flour, baking soda, cinnamon, salt, nutmeg and cloves together in bowl. Beat eggs, sugars and vanilla in large mixer bowl until smooth. With mixer at low speed, gradually add oil in steady stream. Add flour mixture and beat just until blended. Fold in carrots and nuts. Spoon into prepared pans.

Bake 40 minutes or until toothpick inserted in center comes out clean. Cool in pans 10 minutes. Invert and remove pans; cool on wire racks.

Cream-Cheese Icing: Beat cream cheese, butter, vanilla and peel in mixer bowl until light and smooth. Beat in confectioners' sugar.

Spread one third of the icing on 1 cake layer on serving plate and top with second cake layer. Frost top and sides with remaining icing. Garnish with nuts. Makes 16 servings.



Chocolate hazelnut cake

Our contribution to the era of cakes and chocolate decadence.

Prep time: 1 hour
Baking time: 35 to 40 minutes

- ⅔ cup (3½ oz.) shelled hazelnuts, toasted
- ¾ cup sugar, divided
- 5 squares semisweet chocolate, chopped
- 3 squares unsweetened chocolate, chopp
- ¼ cup unsalted butter, cut up
- 7 large eggs, separated, at room temper

Glaze
- 3 squares semisweet chocolate
- 1 square unsweetened chocolate
- ½ cup heavy or whipping cream

Custard Sauce
- 1¼ cups milk
- 1 cup heavy or whipping cream
- 5 large egg yolks
- ¼ cup sugar
- 1½ teaspoons vanilla extract

Raspberry or strawberry syrup

Preheat oven to 325°F. Grease and
9-inch springform pan. Grind nu
food processor with ¼ cup sugar.

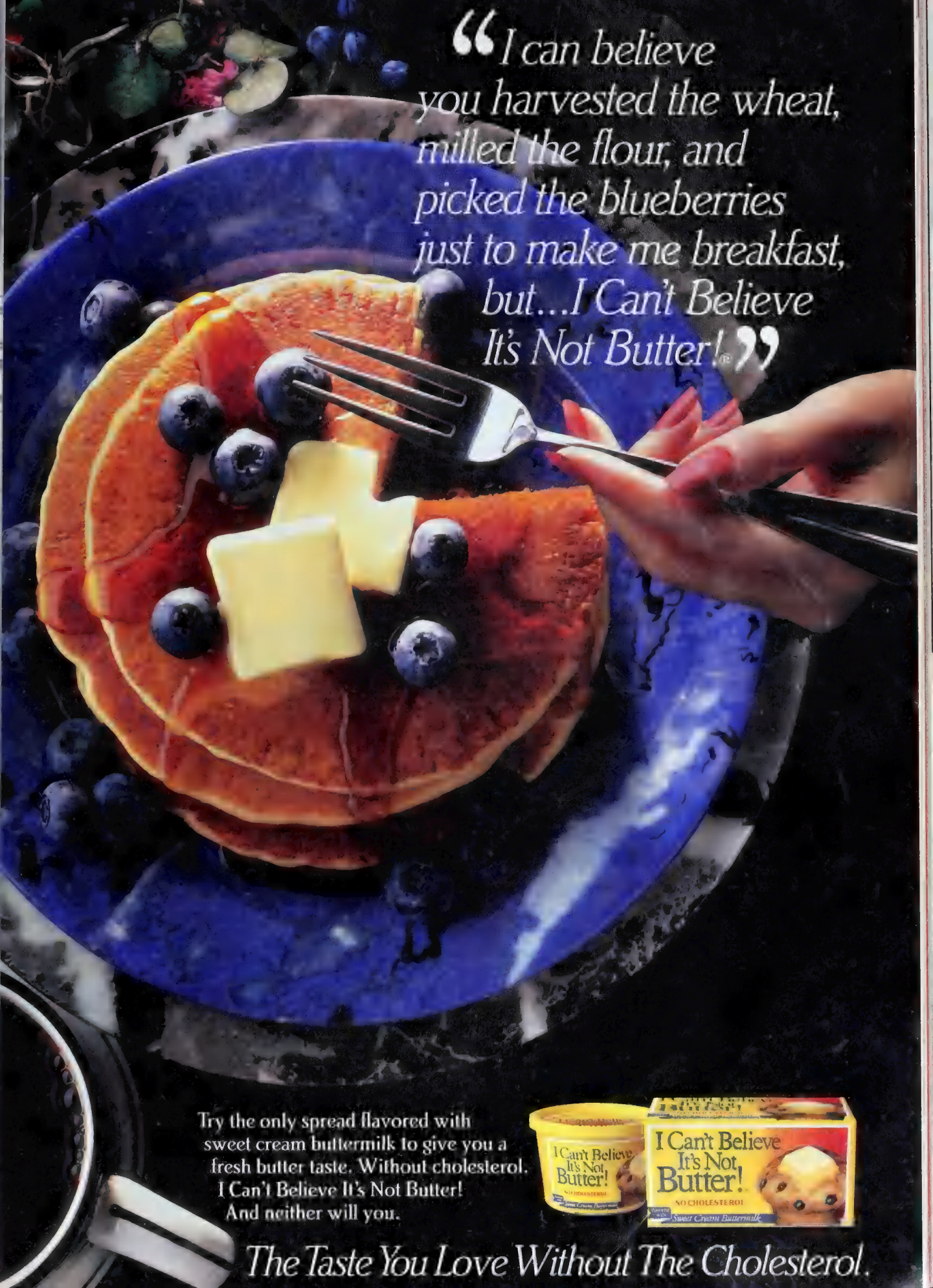
Melt chocolates and butter in d
boiler over simmering water; cool.
yolks with ½ cup sugar in mixer
until light and ribbon forms when
ers are lifted, 5 minutes. Beat in c
late at low speed. Fold in nuts. Bea
whites in clean bowl until stiff bu
dry; fold one third into batter, the
in remaining. Pour into pan; bal
minutes or until center is firm. C
rack 10 minutes; remove sides o
and cool. Cover; refrigerate overni

Glaze: Heat all ingredients in s
pan over low heat, stirring,
smooth. Cool, stirring occasionall
til spreadable, 15 minutes.

Place cake on rack; glaze top
sides. Refrigerate until set, 1 hou

Spoon Custard Sauce onto inc
ual plates. Cut cake in wedges
place each wedge in custard. Dr
teaspoon syrup on custard in
plate and pull knife tip through t
orate. Makes 12 servings.

Custard Sauce: Heat milk and c
to boiling. Whisk egg yolks and
in bowl. Whisk in hot liquid. Retu
saucepan and cook over mediur
heat, stirring until mixture thi
and coats back of spoon, 10 mir
(Do not boil.) Stir in vanilla and r
erate until cold. Makes 2½ cups.


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THE SAUCE STARTS HERE



Introducing *Del Monte*® Chunky Pasta Style Stewed Tomatoes. With chopped tomatoes, vegetables and spices, they're the quick way to a thick, rich homemade taste. Use them in the recipe below or as a delicious start to your own special sauce.

5-MINUTE HOMEMADE SPAGHETTI SAUCE

1 can (14½ oz.) *Del Monte*® Chunky Pasta Style Stewed Tomatoes
1 can (6 oz.) *Del Monte*® Tomato Paste
3 ozs. water

Combine ingredients in saucepan; bring to boil. Reduce heat; simmer five minutes. Garnish with parsley if desired.

WE GROW NEW IDEAS

Del Monte

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The LHJ Cooking School

Have you always wanted to cook things like poached salmon and beef bourguignon, but you think the cooking techniques are too tricky to tackle? Think again! This month's food course gives you pro skills to whip up these classic entrées and more with ease

By Jan Turner Hazard, Food and Equipment Editor

Roast chicken

We took our cue from the French, who are known for perfect roast chicken—crispy outside and succulent inside.

Prep time: 15 minutes
Cooking time: 1 hour

- 1 roasting chicken (3-3½ lb.)
- 2 medium onions, divided
- 2 carrots, sliced
- ½ lemon, cut into 4 wedges
- 12 fresh sage leaves
- 1 teaspoon olive oil
- Salt and freshly ground pepper

Preheat oven to 425°F. Remove bag with neck and gizzards from chicken cavity (reserve for another use). Rinse chicken under cold water and pat dry.

Cut 1 onion into ½-inch pieces. Place in roasting pan with carrots. Cut remaining onion into 4 wedges and place in chicken cavity with lemon wedges and half the sage, as in photo ❶. Tuck wing tips under wings by bending fold under back of chicken. Separate skin and add remaining herbs ❷.

Place chicken on vegetables in pan. Tie legs together over cavity ❸. Brush with oil, squeeze remaining lemon wedge over chicken and sprinkle with salt and pepper ❹.

Place in oven and roast 15 minutes. Reduce heat to 375°F. and continue roasting 45 minutes or until juices run clear when thigh is pierced with fork or meat thermometer inserted into thickest part of thigh registers 165°F. Cover loosely with foil and let stand 15 minutes. Skim fat from pan juices and serve with vegetables ❺. Makes 4 servings.

Nutrition info per serving: 430 calories, 45 gm protein, 24 gm fat, 7 gm carbohydrates, 147 mg sodium, 143 mg cholesterol.



❶ Stuffing the cavity with onion, lemon and fresh herbs steeps chicken with flavor. Use two or three sprigs of your favorite herb or a combination (for example, rosemary and thyme or sage and marjoram).



❷ This adds taste without extra calories. Lift skin away from meat with fingers or the handle of a wooden spoon. Place remaining herbs under skin. (You can use whole leaves or sprigs.)



❸ Tying legs together secures the stuffing and gives chicken a uniform shape during roasting. Cross legs over cavity. Loop cotton string around legs in a figure-eight pattern; tie securely.



❹ Roasting chicken on a bed of vegetables (it doubles as a rack) gives extra flavor to chicken and pan juices. Brush chicken lightly with oil to ensure crisp skin and an even golden color.

❺



The LHJ Cooking School

Beef bourguignon

The secret to a delicious beef stew is long, slow cooking to meld flavors and tenderize the meat. This classic features flavors of the Burgundy region of France—pearl onions, bacon and baby white mushrooms.

Prep time: 1 hour
Cooking time: 2½ to 3 hours

All-purpose flour
Salt and freshly ground pepper
3 tablespoons vegetable oil, divided
3 pounds beef chuck, cut into 1½-inch chunks
2 cups chopped onions
1 carrot, chopped
½ cup finely chopped shallots
2 cups dry red wine
1 cup beef broth
2 tablespoons chopped fresh parsley
1 tablespoon tomato paste
2 teaspoons chopped fresh thyme or ½ teaspoon dried
1 bay leaf
2 cups water
24 pearl onions, peeled
4 thick slices bacon, diced
8 ounces small white mushrooms

Pat meat dry; sprinkle with salt and pepper. Coat meat with flour as in photo ❶. Heat half the oil in large skillet over medium-high heat until almost smoking. Add beef as in photo ❷. With tongs, turn meat to brown on all sides; transfer to Dutch oven. Repeat with remaining beef, adding oil as needed.

Reduce heat under skillet to medium. Add chopped onions, carrot and shallots; cook, stirring frequently, until onions are translucent, about 5 minutes ❸. Increase heat to high, pour in wine and scrape up browned bits on bottom of pan with wooden spoon. (This is known as deglazing—see page 199 for more information.) Bring to boil, then add to Dutch oven with beef broth, parsley, tomato paste, bay leaf, thyme and ½ teaspoon salt. Bring to gentle boil, reduce heat to low and simmer covered, stirring occasionally, until beef is almost tender when pierced with fork, about 2 hours ❹.

Meanwhile, in medium skillet bring 2 cups water to a boil. Add onions and cook over medium heat until almost tender, about 5 minutes. Add bacon and cook 2 minutes more. Drain. Wipe out skillet; return onions and bacon to skillet and cook until bacon is crisp and onions are lightly browned ❺. Add to stew with mushrooms. Simmer uncovered until meat is tender, about 30 minutes more ❻. If sauce is too thin, transfer meat and vegetables with slotted spoon to serving dish and keep warm. Boil sauce over high heat until reduced and slightly thickened, about 5 to 10 minutes. Season with salt and pepper. Makes 8 servings.

Nutrition info per serving: 620 calories, 32 gm protein, 49 gm fat, 12 gm carbohydrates, 469 mg sodium, 128 mg cholesterol.



❶ Patting meat dry with paper towels and coating with flour helps it to brown evenly. Sprinkle meat with flour, tossing to coat. Shake out excess in strainer; too much flour will leave a pasty coating.



❷ Add no more than 7 or 8 pieces of meat at a time to hot oil, making sure pieces do not touch. If you add too much meat at once, the oil temperature will drop, and the meat will not brown properly.



❸ Use the same skillet you used for the meat to sauté the onions, carrots and shallots—the pan drippings release the vegetables' sweet flavor.



❹ Slow cooking is the key to a tender, flavorful stew. When the heat is too high, the liquid will evaporate quickly and the meat will not be properly tenderized.



❺ Cooking the onions, bacon and mushrooms for a short time and adding them to the stew near the end of total cooking time keeps them from being overdone.



CLASS UP YOUR CORN



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QUICK CORN MAZATLAN

1 can (17 oz.) *Del Monte*® Whole Kernel Golden Sweet Corn
1 pkg. (3 oz.) cream cheese
1 can (4 oz.) *Ortega*® Diced Green Chiles
¼ cup sliced green onions
¼ cup chopped red pepper

Drain corn reserving 2 tablespoons liquid. Combine reserved liquid and cream cheese in saucepan. Heat and blend until smooth. Stir in remaining ingredients. 4 to 6 servings.

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SNAPPER



The LHJ Cooking School

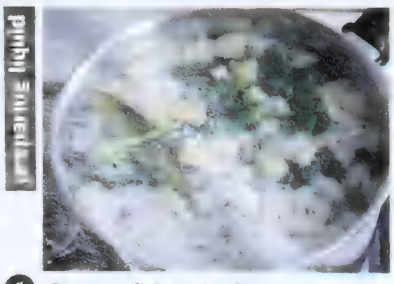
Poached salmon

Poaching, the best technique for moist tender salmon, is simply simmering (not boiling) in a flavorful broth. Begin the sauce when you remove salmon from heat, so you'll have uninterrupted cooking time.

Prep time: 10 minutes plus standing
Cooking time: 30 minutes

Court Bouillon
- 4 cups water
- 1 cup white wine
- 1 onion, chopped
- 4 sprigs parsley
- 1 bay leaf
- 1 teaspoon salt
- ½ teaspoon thyme
- ½ teaspoon black peppercorns

4 salmon steaks, 1 inch thick (1½-2



1 Because fish cooks for a short time, cooking it in a seasoned broth helps flavor fish without overcooking. A court bouillon is made by simmering water with vegetables, herbs, and wine or lemon juice.



2 After cooking, the court bouillon should be cooled to room temperature, then strained. Setting the salmon in cooled broth allows it to begin cooking more evenly; discard vegetables.



3 The salmon should be simmered over low heat just until opaque. Letting the fish stand off the heat in the court bouillon infuses it with flavor and completes the cooking process.



efully remove fish from broth
tted pancake turner. Use a small,
ife to begin removing skin at one
salmon steak. Once a small strip
has been pulled away, use your
o pull skin off completely.



❺ Keep butter cold until ready to use. Whisk in a few pieces at a time, waiting for one batch to soften before adding the next. Use very low heat; if overheated, butter will melt and sauce will separate. If sauce begins to separate, remove from heat and whisk in remaining butter.



Blanc
tablespoons white wine vinegar
tablespoons dry white wine
tablespoon minced shallots
cup cold unsalted butter, cut up
teaspoon salt

ato, seeded and chopped, for
arnish (optional)

Bouillon: Combine all ingredients in me- saucepan as in photo ❶. Bring to nd boil 20 minutes. Cool.

Strain broth into 10-inch skillet. Arrange salmon in broth ❷. Bring just to boil over medium heat; reduce heat and simmer 5 minutes. Remove from heat and let stand 5 minutes ❸.

With spatula, gently transfer salmon to work surface. Remove skin ❹ and discard. Transfer salmon to serving plate.

Beurre Blanc: **Combine vinegar, wine and shallot in small saucepan over medium-high heat; cook until liquid is reduced to about 1 tablespoon. Remove from heat. Whisk in one third of the cold butter a few pieces at a time. Over very low heat whisk in remaining butter a few pieces at a time, waiting for one batch to soften before adding more butter (do not melt) ❺.** ***(Can be made ahead. Transfer sauce to ovenproof bowl; cover surface and place in pan of warm water up to 30 minutes. Whisk before serving.)*** **Pour sauce over salmon; garnish with tomato ❻. Makes 4 servings.**

Nutrition info per serving: 560 calories, 35 gm protein, 46 gm fat, 1 gm carbohydrates, 491 mg sodium, 189 mg cholesterol.

SNAPPIER



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ITALIAN PRESTO!



Great Italian cooking is minutes away with *Del M*
Italian Style Stewed Tomatoes. A combination of tend
tomatoes, vegetables and Italian seasonings. Try the
minute recipe below. Now that's presto.

CHICKEN PARMESAN

4 half chicken breasts, skinned and boned
2 cans (14½ oz. each) *Del Monte*® Italian Style St
Tomatoes
2 Tbsp. cornstarch
½ tsp. oregano or basil, crushed
¼ tsp. hot pepper sauce (optional)
¼ cup grated Parmesan Cheese

Place chicken in baking dish. Bake covered 15 mi
pre-heated 425° F oven; drain. Combine tomatoes, c
starch, oregano and pepper sauce; cook, stirring cons
until sauce is thickened. Pour heated sauce ov
chicken; top with cheese. Bake 5 min., uncc
Garnish with parsley. 4 servings.

Free Recipe Book: Write to Del M
Recipe Offer, Box 7964, Clinton
IA 52736.

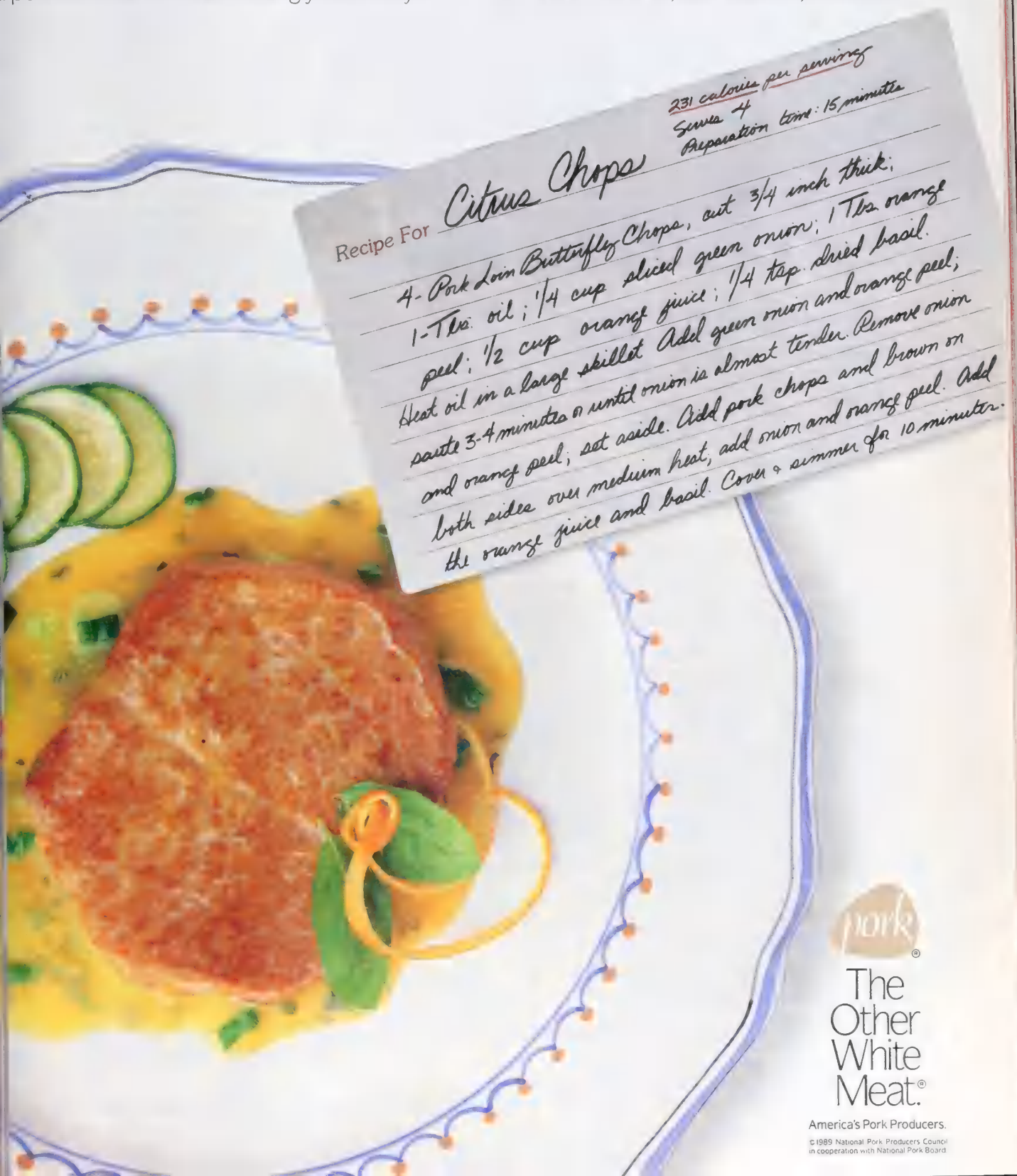
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The Other White Meat.®

America's Pork Producers.

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(continued)

2 pounds delicata or acorn squash, seeded, cut in ¾-inch rings
1 pound shiitake mushrooms, stemmed
2 bunches green onions, trimmed to 6 inches
Cooked wild rice

Port Beurre Rouge

2 tablespoons minced shallots
2 tablespoons balsamic vinegar
2 tablespoons port wine
½ cup butter, cut into cubes
Salt and freshly ground pepper

Preheat oven to 375°F. Mix oil, garlic, salt and pepper in small bowl. Place squash on oiled baking pan and brush with oil mixture. Bake 15 to 20 minutes, until just tender. (Do not overbake.)

Prepare grill or preheat broiler. Thread mushrooms on 4 metal skewers and brush with oil mixture. Brush green onions with remaining oil. Grill or broil squash, mushrooms and green onions until tender, about 6 minutes, turning once. Serve with Port Beurre Rouge and wild rice. Makes 4 servings.

Port Beurre Rouge: Cook shallots, vinegar and port in small, heavy saucepan over high heat until almost all liquid is evaporated. Remove from heat; gradually whisk in butter cubes until sauce begins to thicken (do not melt). Warm if needed to incorporate butter fully. Season to taste. Makes ½ cup.

Nutrition info per serving: Without wild rice, 450 calories, 6 gm protein, 37 gm fat, 31 gm carbohydrates, 384 mg sodium, 62 mg cholesterol.

Butternut squash and leek soup

A homemade vegetable broth adds a robust flavor.

Prep time: 15 minutes **Cooking time: 1 hour 10 minutes** ○

2 leeks, cleaned
2 carrots, chopped
1 large potato, chopped
1 onion, chopped
2 celery ribs, chopped
½ pound mushrooms, chopped
1 small head garlic, separated into cloves
2 bay leaves
6 sprigs parsley
1 teaspoon salt
½ teaspoon dried thyme, divided
4 whole peppercorns
6 cups water
2 tablespoons butter or margarine
1 tablespoon olive oil
4 garlic cloves, minced
½ cup white wine
2 medium butternut squash, peeled and cubed (about 4 cups)
2 cups cubed crusty bread
1 tablespoon olive oil
Freshly grated Parmesan cheese

Chop green parts of leeks; slice white parts and set aside. Combine green parts of leeks, next 9 ingredients, ¼ teaspoon thyme and the peppercorns and water in large pot. Bring to boil, reduce heat and simmer 40 minutes. Strain, discarding vegetables. Add water to broth to measure 4 cups.

Heat butter and olive oil in another large pot over medium heat. Add white part of leeks, garlic and remaining ¼ teaspoon thyme; cook leeks until tender, about 5 minutes. Add wine and cook until liquid evaporates. Add squash and broth. Bring to boil, reduce heat and simmer until squash is tender, 30 minutes.

Meanwhile preheat oven to 250°F. Place bread cubes on cookie sheet. Bake 20 minutes or until dry. Cool. Heat oil in large skillet over medium-high heat. Add bread and sauté until croutons are golden, 2 to 3 minutes. Partially crush squash with back of wooden spoon. If soup is too thick, thin with water. Season to taste. Serve with croutons and Parmesan.



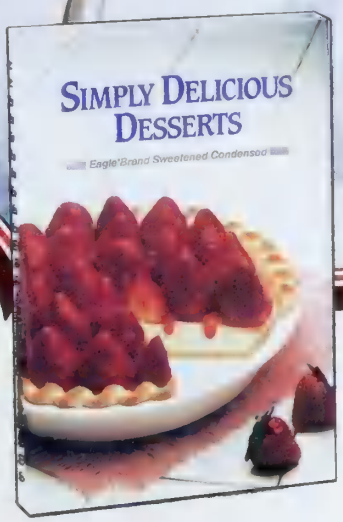
Makes 6 servings.

Nutrition info per serving: 225 calories, 5 gm protein, 9 gm fat, 34 gm carbohydrates, 507 mg sodium, 11 mg cholesterol. ■

Recipes developed by Annie Somerville, executive chef at Greens.

SIMPLY DELICIOUS DESSERTS

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(continued)

2 pounds delicata or acorn squash, seeded, cut in ¾-inch rings
1 pound shiitake mushrooms, stemmed
2 bunches green onions, trimmed to 6 inches
Cooked wild rice

Port Beurre Rouge
2 tablespoons minced shallots
2 tablespoons balsamic vinegar
2 tablespoons port wine
½ cup butter, cut into cubes
Salt and freshly ground pepper

Preheat oven to 375°F. Mix oil, garlic, salt and pepper in small bowl. Place squash on oiled baking pan and brush with oil mixture. Bake 15 to 20 minutes, until just tender. (Do not overbake.)

Prepare grill or preheat broiler. Thread mushrooms on 4 metal skewers and brush with oil mixture. Brush green onions with remaining oil. Grill or broil squash, mushrooms and green onions until tender, about 6 minutes, turning once. Serve with Port Beurre Rouge and wild rice. Makes 4 servings.

Port Beurre Rouge: Cook shallots, vinegar and port in small, heavy saucepan over high heat until almost all liquid is evaporated. Remove from heat; gradually whisk in butter cubes until sauce begins to thicken (do not melt). Warm if needed to incorporate butter fully. Season to taste. Makes ½ cup.

Nutrition info per serving: Without wild rice, 450 calories, 6 gm protein, 37 gm fat, 31 gm carbohydrates, 384 mg sodium, 62 mg cholesterol.

Butternut squash and leek soup

A homemade vegetable broth adds a robust flavor.

Prep time: 15 minutes **Cooking time: 1 hour 10 minutes** ○

2 leeks, cleaned
2 carrots, chopped
1 large potato, chopped
1 onion, chopped
2 celery ribs, chopped
½ pound mushrooms, chopped
1 small head garlic, separated into cloves
2 bay leaves
6 sprigs parsley
1 teaspoon salt
½ teaspoon dried thyme, divided
4 whole peppercorns
6 cups water
2 tablespoons butter or margarine
1 tablespoon olive oil
4 garlic cloves, minced
½ cup white wine
2 medium butternut squash, peeled and cubed (about 4 cups)
2 cups cubed crusty bread
1 tablespoon olive oil
Freshly grated Parmesan cheese

Chop green parts of leeks; slice white parts and set aside. Combine green parts of leeks, next 9 ingredients, ¼ teaspoon thyme and the peppercorns and water in large pot. Bring to boil, reduce heat and simmer 40 minutes. Strain, discarding vegetables. Add water to broth to measure 4 cups.

Heat butter and olive oil in another large pot over medium heat. Add white part of leeks, garlic and remaining ¼ teaspoon thyme; cook leeks until tender, about 5 minutes. Add wine and cook until liquid evaporates. Add squash and broth. Bring to boil, reduce heat and simmer until squash is tender, 30 minutes.

Meanwhile preheat oven to 250°F. Place bread cubes on cookie sheet. Bake 20 minutes or until dry. Cool. Heat oil in large skillet over medium-high heat. Add bread and sauté until croutons are golden, 2 to 3 minutes. Partially crush squash with back of wooden spoon. If soup is too thick, thin with water. Season to taste. Serve with croutons and Parmesan.



Makes 6 servings.

Nutrition info per serving: 225 calories, 5 gm protein, 9 gm fat, 34 gm carbohydrates, 507 mg sodium, 11 mg cholesterol. ■

Recipes developed by Annie Somerville, executive chef at Greens.

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Sherlyne's Jambalaya

- *6 slices bacon, diced*
- *1 lb. skinless chicken breast filets, cut in ½-inch cubes*
- *2½ cups chopped onions*
- *2 cups chopped yellow, red or green bell peppers*
- *½ cup each: julienne-cut carrots and sliced celery*
- *5 cloves garlic, minced*
- *2 (15-oz.) cans Hunt's Tomato Sauce OR Tomato Sauce Special*
- *1 (14 ½-oz.) can Hunt's Stewed Tomatoes, undrained*
- *1 (14 ½-oz.) can chicken broth*
- *2 cups converted raw rice*
- *1 lb. each: cubed ham steak, diagonally-sliced hot-link OR regular smoked sausage and deveined and peeled cooked shrimp*
- *2 teasp. each: thyme and salt*
- *1 teasp. Gebhardt Chili Powder*
- *½ teasp. pepper*
- *1 cup frozen sliced okra, thawed (optional)*
- *½ cup minced fresh parsley*
- *Louisiana-Style hot sauce, to taste*

In Dutch oven, fry bacon until crisp; add chicken and cook until no longer pink. Remove meat; set aside. Sauté onions, peppers, carrots, celery and garlic in hot drippings until crisp-tender. Add tomato sauce, stewed tomatoes, broth and rice; stir well. Add remaining ingredients except okra and parsley. Bring to boil; simmer, covered, 45 to 50 minutes or until rice is cooked. Stir in okra and parsley; heat through. Season to taste with hot sauce. Makes 8 to 10 servings.



IT HAD TO BE HUNT'S.



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Del Monte Yogurt Cup® yogurt breaks the rules. It comes in a can—an airtight, pop-top container with no preservatives and no refrigeration required. Why? Because this yogurt is for kids. Tough as nails on the outside. Smooth and creamy on the inside. With no chunky stuff like adult yogurt. Yogurt Cup goes to the park, to the beach, to school—wherever kids go. And it comes in four outrageous fresh fruit flavors. You may not understand why your kids love it so much. Just be thankful it's yogurt.

WE GROW NEW IDEAS

Del Monte Quality

NSIDE THE JOURNAL KITCHEN

ou asked for it

r LHJ:

Hobson House Restaurant in Long Grove,
inois, serves a dish of yellow squash and
ples, with a hint of cinnamon. I do hope
u can track this delicious recipe down.

Mrs. N.M. Hagy
Jefferson, WI

Hobson's choice

Chef and owner Richard Smevold told us that his recipe, Apple Squash, is especially popular in the fall, when prepared with locally grown squash and ples. Bring large pot of salted water to boil. Add 8 cups peeled, cubed butternut squash t 3½ lb.); return to boil and boil 2 minutes. Drain. Preheat oven to 350°F. ix ½ to ¾ cup sugar, ⅓ cup quick-cooking tapioca, ½ teaspoon salt and pinch nd nutmeg in large bowl. Add 6 cups peeled, cubed Golden Delicious apples (about 3 1½ cups apple cider and the squash; toss well. Spread evenly in 13x9-inch baking Mix 3 more tablespoons sugar and ¼ teaspoon cinnamon; sprinkle over top of dish. 1 hour or until squash is tender. Makes 10 servings.

cipe index

s a listing of recipes appearing in this issue, ing those from the Journal kitchen and isements. Advertisers' recipes appear in ce. Recipes marked with an asterisk include wave instructions.

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CLASSIC CAKES from page 190

Nutrition info per serving

Black-Pepper Pound Cake: 210 calories, 3 gm protein, 13 gm fat, 22 gm carbohydrates, 86 mg sodium, 84 mg cholesterol. **Lady Baltimore Cake:** 425 calories, 5 gm protein, 12 gm fat, 76 gm carbohydrates, 330 mg sodium, 24 mg cholesterol. **Pineapple Upside-Down Cake:** 455 calories, 5 gm protein, 16 gm fat, 73 gm carbohydrates, 421 mg sodium, 94 mg cholesterol. **Strawberry Icebox Cake:** 190 calories, 3 gm protein, 10 gm fat, 22 gm carbohydrates, 30 mg sodium, 58 mg cholesterol. **Citrus Chiffon Cake:** 215 calories, 4 gm protein, 8 gm fat, 32 gm carbohydrates, 248 mg sodium, 66 mg cholesterol. **German Chocolate Cake:** 565 calories, 7 gm protein, 35 gm fat, 59 gm carbohydrates, 361 mg sodium, 149 mg cholesterol. **Fudge Surprise Bundt Cake:** 535 calories, 8 gm protein, 30 gm fat, 62 gm carbohydrates, 326 mg sodium, 123 mg cholesterol. **Carrot Cake with Cream-Cheese Icing:** 520 calories, 6 gm protein, 28 gm fat, 62 gm carbohydrates, 342 mg sodium, 76 mg cholesterol. **Chocolate Hazelnut Cake:** 485 calories, 9 gm protein, 38 gm fat, 35 gm carbohydrates, 65 mg sodium, 267 mg cholesterol.



BETTE VS. JOAN

continued from page 146

reputation of Joan, and a few snide commentators have said she may have wanted some of the men Joan actually seduced. Bette herself commented acidly on the topic, "She slept with every male star at M-G-M except Lassie."

Joan was also known for some other peculiarities: "I'm no angel," she said. "I have a few compulsions that seem to drive other people crazy. I insist on punctuality and courtesy, and I have a passion for cleanliness." When she stayed in a hotel, no matter how luxurious, Joan would always scrub the bathroom herself before using it. Doing her own housework not only guaranteed perfection: The task served as a purification of the soul. Frequently, after a wild night out on the town, drinking and picking up men, Joan could purge her feelings of guilt the following morning by cleaning her Brentwood mansion from top to bottom.

Bette never had Joan's sexual reputation, and a few snide commentators have said she may have wanted some of the men Joan seduced. Bette said acidly, "She slept with every male star at M-G-M except Lassie."

Clashing co-stars

The project that finally brought the two stars together was conceived by Bob Aldrich, who had already directed Joan in one film. "She said she wanted to work with Bette Davis," said Aldrich. "I could never see them working together in anything. Then I read *Whatever Happened to Baby Jane?*" The story involved two sisters, former movie stars, living in mutual hate in a dark, foreboding Hollywood mansion.

Joan gave Bette a copy of the book. Bette read it and thought: Well, it could work, you know. It's all there. Phony Joan and Crazy Bette.

Bette met with Aldrich and told him that she knew he and Crawford had worked together before. She also knew that Joan had a habit of developing "a meaningful relationship" with her male star or director to give her a certain power. "I did not know, or care, if she was the sexual athlete others have described," said Davis. "I just wanted to make sure there was no partiality involved."

"Have you slept with Joan?" she asked the director.

"No," said Aldrich. "Not that I haven't had the opportunity." That settled, Bette okayed the project.

On May 9, Bette and Joan met in Hollywood to sign their contracts. Sitting at a table, posing for pictures, Bette managed to grab the best position. She sat in the far right chair so that in the photo captions her name would appear first. Joan, wise to this old trick, then stood behind and to the right of Bette, ensuring that her name would be the first in those shots.

As filming of *Baby Jane* began, embellishments to the characters and plot were added by both stars. Joan played the invalid Blanche, who was being starved to death by her evil sister, Baby Jane, played by Bette. Joan lost weight, but only in some areas of her body. As the hollows in her cheeks grew deeper and her waist grew smaller, her breasts became larger.

"Christ!" said Bette. "You never know what size boobs that broad has strapped on! She must have a different set for each day of the week! She's supposed to be shriveling away, but her boobs keep growing. I keep running into them like the Hollywood Hills."

By contrast, Bette wanted to look "outrageous, like Mary Pickford in decay." She wore heavy white makeup, scads of black eyeshadow and a cupid's bow mouth.

In the final sequence of the film, Baby Jane sits making sand castles while her sister lies dying beside her.

After each take, Joan would get up from the sand and get into her limo, which took her to her dressing-room trailer a hundred yards away.

After one of these trips, Aldrich turned to script supervisor Bob Gary and said, "Is she getting younger?"

"It was a subtle change," said Gary. "Every time Joan went to her trailer, she was making herself more glamorous. She was supposed to be dying, but when it came right down to it, Joan had been such a glamour queen all her life that it was hard for her to look bad. She kept taking off her dying makeup bit by bit, adding softer makeup."

Bette was nominated for an Oscar for Best Actress for her role in *Baby Jane.* Although Joan wasn't nominated, she had arranged to accept the award for another nominee, Anne Bancroft, if *she* won the Best Actress award.

The big moment arrived, and nominee Bette and surrogate receiver Joan stood in the wings, three feet apart, chain-smoking. As Maximilian S stood on stage, reading the nam the five nominees, Bette handec purse to Olivia de Havilland. Ope the envelope, Schell paused, ther nounced: "The winner . . . Anne croft for the *Miracle Worker.*"

"I almost dropped *dead* when I h Miss Bancroft's name," said Bet was *paralyzed* with shock."

"Joan stood instantly erect," sai director Richard Dunlap. "Shou back, neck straight, head up. stomped out her cigarette grabbed the hand of the stage ager, who blurted afterward, nearly broke all my fingers with strength.' Then, with barely an e me to Bette Davis marched past her onto the stage wit incomparable Cra manner.

"Bette bit into he arette and seeme stop breathing," Du continued. "She ha the award. Joan wa there—and sudden had become *her* night."

"I should have won," said Bette phatically. "There wasn't a dou the world that I wouldn't. And Jo to deliberately upstage me like th it was despicable."

In her column the next day, H Hopper summed up the event. "I rooting for Bette. But when it com giving or stealing a show, nobod top Joan Crawford."

Till death do them part

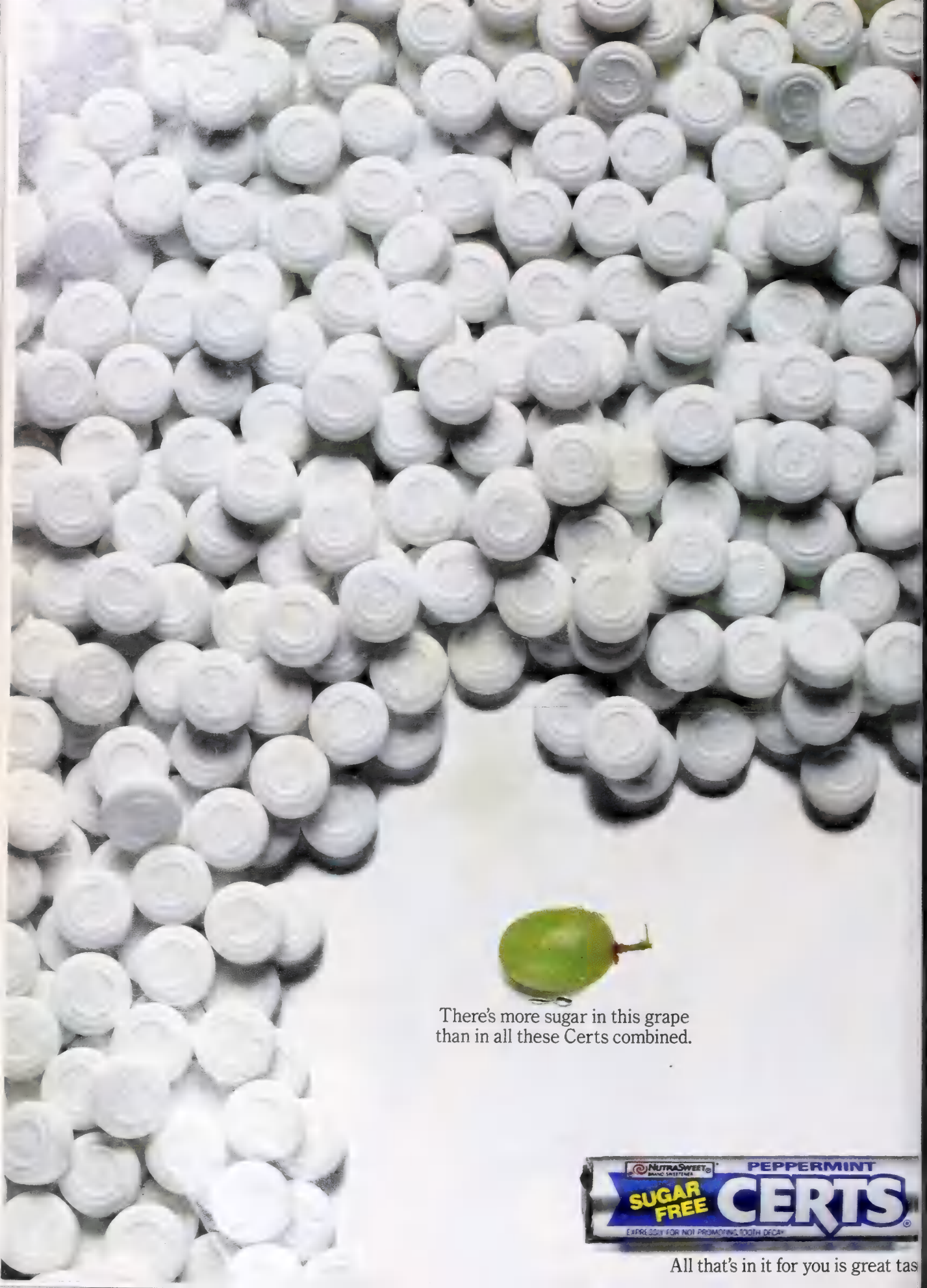
In 1977, Joan Crawford was ver reportedly with cancer. She c complain or tell anyone, not even children. On Tuesday morning, 10, Joan insisted on getting out o to make breakfast for her housek and a fan who had stayed over. W they were eating the meal, Joan C ford returned to her bedroom and

The Christmas before her d Joan had sent out cards on whic wrote, "I am so at peace with the w that I'm even thinking good thou about Bette Davis."

Bette Davis said she has neve derstood why the public still li her name with Crawford. "I have er been *anywhere* where they ha asked about Joan and me. I don't it. I find it interesting. But I hav ways wondered. What do people they see in us together? After al had *nothing* in common."

Shaun Considine is also the auth "Barbra Streisand: the Woman Myth, the Music." He lives in York City.


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BRAVE NEW BABY

continued from page 141

expenses, for maternity clothes and other necessities.

As with earlier, simpler forms of surrogacy, critics raise ethical and legal questions. "Procreation should not be divorced from the context of marital intimacy by involving a third party," asserts surrogacy expert Father Jeremiah McCarthy, professor of moral theology and dean at St. John's seminary in Camarillo, California.

The fact that cash changes hands also worries many. "Surrogacy is the only reproductive act that involves middlemen who make money," says Vicki Michel, J.D., an associate professor at Loyola Law School, in Los Angeles.

Indeed, Cynthia and Dick spent close to $70,000 in medical and legal fees for the privilege of having baby Sam; out of that, the center, a for-profit institution, received $16,000. And considering that one out of six U.S. couples is infertile—unable to conceive after a year of trying—there's a huge potential demand for surrogacy services.

True, ZIFT is currently far too expensive for most people even to consider. But that could change if more states mandate health insurance coverage for infertility treatment. Currently, only eight states provide *any* coverage for such services.

The quest for parenthood

Still, Cynthia and Dick seem convinced that having Sam was well worth the effort and the money. Although the couple considered adoption and conventional surrogacy, neither really appealed to them. "Adoption gives you a baby, but it doesn't take away the desire to have a biological child," says Dick. Cynthia didn't want a baby that was Dick's genetically but not hers. "It would have made me absolutely crazy," she admits.

Then, about two years ago, Cynthia read a newspaper article about a couple that had become IVF-ER parents through the Center for Surrogate Parenting. The biological mother in the article was forty. "I always knew babies would be born this way sometime in the future, but I thought I'd be too old for it," says Cynthia. Delighted to find that she wasn't, she quickly phoned the center for an appointment.

Although staffers warned the couple that the chances of success were slim, they were not deterred. After an initial medical and psychological evaluation, Cynthia and Dick were accepted into the embryo-transfer program, and their search for a surrogate began.

A perfect surrogate

As Dick and Cynthia were pur
their dream of becoming parents, a
dred and thirty miles away, in Sou
California, twenty-three-year-old
bie—a wife, mother and college st
—was pursuing her own dream
wanted to carry a baby for an ini
couple. Although her family did
some debts to pay off, Debbie mair
that money wasn't her primary m
tion. "My husband and I weren't
to have another baby, and we thou
would be nice to help somebody
wasn't able to have children," say
bie, the mother of a three-year-o
and an eighteen-month-old daugh

In June 1988, Debbie contacte
cal hospital to find out about surr
programs and was referred to th
ter. After filling out an applic
Debbie underwent a thorough m
screening to make sure she was
pletely healthy and free of se
transmitted diseases. She also
psychological evaluation.

"A successful ZIFT or conven
surrogate is one who—after comp
the process—will have gotten
thing out of it for herself," says P
Hanafin, Ph.D., staff psychologist
center.

Most surrogates, Hanafin say
working-class or middle-class m



's in their twenties who want to a difference somehow. "Many of ay things like 'I'll never find the r cancer, but I'll always know I've omething important.' "
nall but significant percentage, ds, also feel that by bearing an- ouple's child, they are making up ast act, such as having an abor- giving a child up for adoption.
bie was accepted into the center's o-transfer program in July 1988, o months later was matched up Dick and Cynthia. They'd found rrogate earlier, but the embryo to implant. This prompted the to seek another candidate. They a second one, but she backed out ner husband objected.
, Hanafin told them about Debbie, she described as a healthy young n who neither smoked nor drank. e opposed abortion, even if a fetus deformity; Cynthia and Dick . And so they struck their deal phone call.
hat point, Marrs began giving ia large doses of follicle-stimulat- rmone (FSH) to make sure her would mature when Debbie ovu- -thus assuring the transplant occur when Debbie's reproduc- act was receptive. Using ultra- Marrs monitored Cynthia's ovarian follicle growth daily and also checked her hormone levels.

When tests revealed that Cynthia's ovaries had produced at least eight eggs, Marrs collected them using needle aspiration—a relatively painless procedure that involves placing a hollow suctioning needle through the top of the vagina into the ovary. He placed the eggs in a dish along with a semen sample he had obtained from Dick.

The following day, examination revealed that Dick's sperm had fertilized three of Cynthia's eggs. To enhance the chances of success, all of the embryos were placed in Debbie's fallopian tube. Although implanting more than one could theoretically create triplets or twins, multiple pregnancies are quite rare since most embryos fail to implant.

Fourteen days later, on September 23, a blood test revealed that all the hard work had paid off: Debbie was pregnant with Cynthia and Dick's child.

Cynthia says that while she was elated by the prospect of motherhood, her feelings toward Debbie were tinged with envy. "I wasn't jealous of Debbie, but I *was* jealous of what her body could do," she explains. "I told her, 'If I can't carry my baby, there's nobody in the world I would want to carry it but you.' "

Physically, the first six months of Debbie's pregnancy progressed normally. Psychologically, however, the experience was quite different from her first two pregnancies. Although she says she was concerned about the fetus developing inside her, she never felt it was hers. "In a way," Debbie explains, "I was just a baby-sitter; all I did, really, was carry and feed the baby—exactly the way a baby-sitter would."

For the most part, Debbie's friends and family were supportive. Although her daughter was too young to comprehend the situation, Debbie's son, Alex, knew that his mom was carrying a baby for another family. Debbie's husband, Brent, who owns a floor-covering business, says he didn't resent the fact that his wife was carrying another couple's child. "I rationalized that it was a medical experiment," he explains.

During the next few months, Debbie saw Cynthia and Dick regularly. She came to Los Angeles for monthly surrogate support-group meetings and for doctors' appointments. She and Cynthia also spent hours talking on the phone about "their" pregnancy.

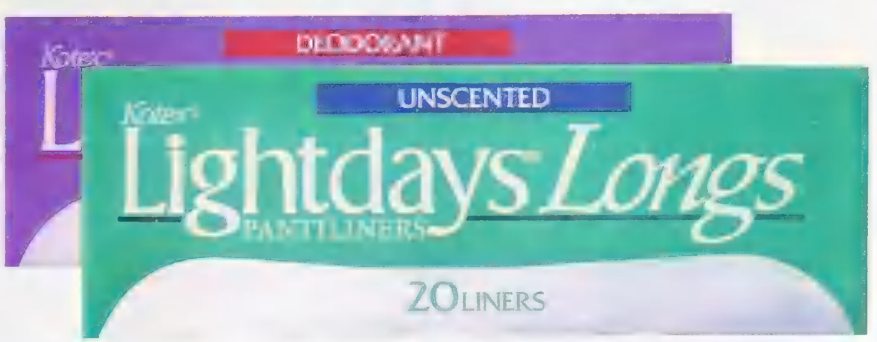
A difficult delivery

Unfortunately, things didn't continue to go so smoothly. During Debbie's seventh month, medical problems she had not experienced in her previous pregnancies started to *(continued)*

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BRAVE NEW BABY
continued

develop. She began to feel extremely tired, her feet swelled painfully, and she developed severe, recurring headaches.

On May 4, a routine exam at her local hospital revealed Debbie was suffering from toxemia—a condition marked by high blood pressure, fluid retention, swelling, and protein in the urine. Doctors don't know what causes toxemia, but left untreated, it can kill both mother and baby. Since delivery clears the body of all the substances produced during the birth process, the best treatment for toxemia is childbirth. However, about four and a half weeks remained before Debbie's due date.

Fearing Debbie might have a seizure or even die, physicians at the local hospital refused to release her. That afternoon Debbie's obstetrician, Margaret Bates, M.D., medical director of obstetrics at the Hospital of the Good Samaritan, was informed of Debbie's condition. She arrived at the scene the next day. She examined Debbie, decided it was safe to transport her to Los Angeles and airlifted her out.

Once at Good Samaritan, doctors stabilized Debbie's condition; however, fearing her blood pressure might rise dangerously, they tested the amniotic fluid to see whether the baby was mature enough for delivery. He wasn't. "We took one look at the fluid and knew his lungs were very immature," says Bates. She then gave Debbie steroid injections to hasten the baby's lung development and put Debbie to bed.

Eight days later, on May 14, Debbie's condition worsened. Her head and upper abdomen throbbed with pain, and she was excreting large amounts of protein in her urine. Bates decided that even though the baby wasn't due for three weeks, it would be dangerous to wait much longer to deliver.

At noon the following day, Bates induced labor with intravenous doses of Pitocin, a drug that causes the uterus to contract. An hour and a half later, she surgically broke Debbie's sac of waters. Another twelve hours passed and finally, at exactly 1:31 A.M. on Monday, May 15, Sam was born, weighing in at a healthy six pounds two ounces.

As Dick, Brent, and Debbie's mother watched, Dr. Bates put the baby in Cynthia's arms. "She was ready to bundle him up and walk away," Bates recalls, laughing. "But I said, 'Wait, he's still attached!' " Dick cut the umbilical cord, and the jubilant parents took their son into a room across the hall for his first bath.

Suddenly and unexpectedly, the scene in the delivery room turned grim. The placenta failed to be expelled, and blood began pouring out of Debbie "like a faucet," causing her blood pressure to drop sharply. Dr. Bates realized she would have to extract the placenta manually; there was no time for the anesthesiologist even to administer pain-killing drugs. "It was a matter of life and death," she says. "I told Debbie that I was very sorry, but what I was about to do would hurt a lot." With that, she reached up into Debbie's womb and pulled the placenta out.

Although delivery of the placenta usually causes the uterus to contract, thereby sealing off the open blood vessels, in up to 5 percent of deliveries, including this one, bleeding continues. By this time, Debbie, who had lost about one third of her total blood volume, was almost unconscious. Nurses quickly began massaging her abdomen and administering intramuscular injections of powerful drugs that helped the uterus to contract. Finally, to everyone's great relief, the bleeding stopped.

The next day, Debbie was able to sit up in bed and reflect on Sam's delivery. She said she didn't think she'd consider being a surrogate a second time. "Once in a lifetime was enough," she says.

In addition to being sobered by her frightening experience, Debbie says it made her somewhat more circumspect about surrogacy in general. "I'm glad I did it," she explains. "But any woman considering surrogacy should understand that things *can* go wrong."

Indeed, surrogacy might be considered a risky business in more ways than one. The practice currently exists in a legal limbo; in the wake of the Baby M trial, New Jersey invalidated surrogacy in cases where payment is involved. Most other states—including California, where baby Sam was born—have no laws either permitting it or banning it. At this point, lawyers must draw up contracts and present them to the courts on a case-by-case basis.

Because of these difficulties, many experts urge would-be parents to proceed cautiously. Father McCarthy says people should consider whether overcoming infertility is something that should be done at all costs. "How hard must people try to have children of their own?" he asks. "Isn't there a limit?"

Dick and Cynthia's answer is, quite simply, no. "You end up with something so special and so wonderful," she says. "Besides," he asks, "why would God have created the technology that made ZIFT surrogacy possible if He didn't want people to use it?"

In fact, they feel so good about ZIFT surrogacy, they may go through the procedure again in a few years. "Cynthia may not have a uterus," says her husband, " but we're not going to let a small thing like that stand in our way!" ■

WOULDA/COULDA
continued from page 128

gain greater control over your lif become a happier person.

Breaking out of the trap

Your goal is to move from the s choice you woulda-coulda-sh made in the past to options that, e they don't produce the effect you right away, will get you going.

■ First, make yourself aware o cisely what you are thinking whe feel tied up in knots. You may "Right now, I'm feeling like a loser that's not enough. Be specific and lyze what has made you feel so lo

■ Writing down your neg thoughts can be a great help. P often look at the things they have ten down and say, "Oh, that's r lous. I'm not that bad."

■ Analyze your thoughts for the of thinking on the list. You don't to pinpoint precisely which erro plies, because several are often at at the same time. But ask yourself I catastrophizing? Mind readin what I'm thinking really true? check out the facts?" Once you from an emotional state to a ra frame of mind, you're controlling automatic negative reaction. You able to interrupt your nagging and cal internal monologue and turn i a productive dialogue with yourse

■ Concentrate on the future inst the past. Make a list of goals. I could change your life, what ch would you like to make? Break th down to workable parts. Use as small steps as possible so your doesn't seem overwhelming. And put too much pressure on you When you think of your ultimate picture moving closer to them, r than attaining them.

■ Plot out alternative courses of so if you run into a setback you prepared and ready to move on yourself what trade-offs you'd be ing to accept, what constraints m accommodated.

■ Finally, if you just can't elim some past mistake from your mi something about it. What is you ment plan? Wouldn't it be better to make amends somehow rather wallowing in guilt? Find a way t action instead of just thinking ab and leave the woulda-coulda-sh trap behind.

Arthur Freeman, Ph.D., is an ass professor and the director of profe al education at the Center for Cog Theory at the University of Penn nia. Rose DeWolf is a staff writer Philadelphia Daily News.

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*WOMEN'S SIZES ADD $2.00 EACH	$	_____
GA. RESIDENTS – ADD LOCAL & STATE TAX	$	_____
TOTAL	$	_____

Our Money Back Approval Guarantee assures you that if you do not choose to wear the items you selected, you may return them within 30 days for a full refund of the purchase price!

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265 North 9th St., Paterson, New Jersey 07530

TRAVEL JOURNAL

ISCOVERED NATIONAL PARKS

e millions of tourists flock to popu- ational parks like Yellowstone and Grand Canyon this summer, you beat the crowds by visiting lesser- vn, but no less beautiful locations. following are three favorites.

ıe mountains and desert of **Big National Park** form a world of rises. The discoveries begin as you this west Texas park. The Chihua- ı Desert, which appears brown lifeless from a distance, reveals f to be a thriving landscape. Walk ture trail, and you'll discover the nery that covers desert soil. Or e along any of the scenic drives in ight-hundred-thousand-acre park— may spot coyotes and foxes, mule and jackrabbits.

ıd then there are the mountains, ring in the distance. Their name, os, means ghosts. In these cool n heights, more surprises await ors who explore a maze of hiking s. Cacti grow alongside the de- dants of prehistoric forests of as- and maple, and springs provide ge for mountain animals. Take a eback ride to the South Rim and park spreads before you, like a nwork quilt—the khaki and olive s of the desert cut by the darker n slash of the Rio Grande winding ugh canyons.

sitors to Big Bend can choose from e camping areas, many back-coun- campsites, an RV park and the os Mountain Lodge. For informa- write Big Bend National Park, TX 4.

ere's an eerie quality to this "land e standing-up rocks," as the Chiri- a Apaches called **Chiricahua Na- l Monument, Arizona**. It's as if madcap sculptor decided to dis- his work outdoors and then aban- d the project to the wind and de- sun.

scenic drive winds through forests ne columns, lichens splashed like ıt paint across their craggy sur- . Hiking trails pass beneath stone es and across stone bridges. Huge lers balance on tiny pedestals, ng as if a breath would send them ing. But they have stood this way housands of years.

e Chiricahua Apaches lived here, by Cochise and Geronomo. Then white settlers, who established nes in the foothills and canyons. y visitors can explore a restored s homestead at the Faraway h site.



Using Retin-A®?

Recent reports have shown that Retin-A® may:
- Reduce Wrinkling
- Help Prevent Skin Cancer

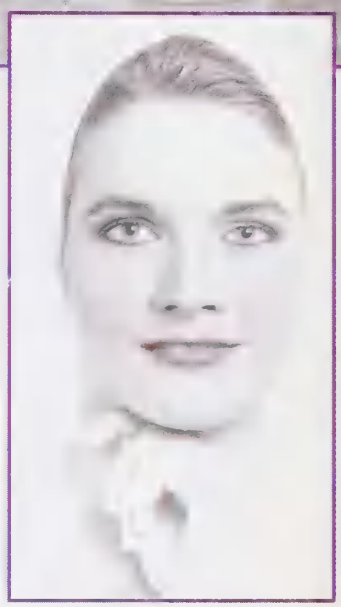
Problem: Retin-A® may cause:
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ULTRA-SENSITIVE SKIN CARE
- Dermatologist Formulated For Sensitive Skin
- Mineral Oil Free
- Non-Blemish Promoting
- Fragrance Free
- Hypo-Allergenic

The Indians and homesteaders have given way to campers and hikers. Camping is available at Bonita Canyon Campground and in surrounding Coronado National Forest. For information write Chiricahua National Monument, Dos Cabezas Route, Box 6500, Willcox, AZ 85643.

There are places in **Great Basin National Park, Nevada,** where the past seems closer than the present. Away from the campgrounds, it seems that little has changed here in the past few centuries.

Drive along Wheeler Peak Scenic Drive, and you'll see the southernmost glacial formation in the U.S. Trek to the summit of Wheeler Peak and take in a view of the ancient glacier-carved lake and valleys below. A smaller remnant of the past is still living: Bristlecone pines are among the oldest species on earth, and a few stands of these knotted, scarred trees are preserved in the park. The presence of the past is not confined above ground here—Lehman Caves is a major attraction. Tour this large cavern, and you'll see elaborate limestone formations shaped by thousands of years of dripping water.

Great Basin does have modern facilities for camping, though. For information write Great Basin National Park, Baker, NV 89311. —CINDI MYERS

"I haven't aged in 20 years. I have a secret creme that makes me look forever younger!"

Use it! You won't believe your eyes, but your mirror and jealous friends will be the proof!

by Zsa Zsa Gabor

Dahling, I'll tell you a secret.

Look at my face. All my jealous friends tell me I never look my age. My skin looks 20 years younger than I am. I haven't aged in 20 years. I always look younger.

Because I have a secret that makes my face look forever younger — and beautiful.

You see me on television. Those closeups and those lights show everything.

But on my face you never see anything but a fresh, clean, soft skin. No puffy eyes. No unsightly fine line wrinkles. Even a beautiful chin and neck area. My face always looks smooth and young.

Because I do something special — and I look like a young woman under the brightest lights . . . and even when I'm naughty and dance all night.

Now, I have another surprise.

Lots of my friends here in Hollywood never look their real age. Rich and famous people who would kill me if I revealed their names. They always look good. And, I'll tell you the truth — we all share the same secret of how to look years younger. I call it my "face saver." They call it the "star maker." You'll call it a "miracle."

Dahling — it's a mahvelous creme that fights the signs of aging. Just a few precious minutes each night — and you look like you discovered the Fountain of Youth. Take my word for it. My face and my looks are something I never joke about.

Imagine, a wonder creme that smooths out fine line wrinkles. That fades away years from your appearance. That moisturizes and nurtures your skin . . . pampers it . . . beautifies it and protects it. And even puts back what nature, time, and naughty living take away.

Listen to me, dahling. I know about fancy cosmetics and expensive cover-ups. They can't do much.

Ah, but my secret — see what it does for your face. Go ahead, try it on problem areas like crow's feet near your eyes, wrinkles around nose and mouth, bags under eyes and those terrible frown and laugh lines.

Then watch the miracle that takes place every night. See my secret help transform your appearance into a smoother, younger look. You won't believe your eyes, but your mirror and jealous friends will be the proof.

And the best dahling — are you ready for this? — you'll love the results. You'll look mahvelous. Everyone will want to know your secret. But dahling, you don't tell them it's my creme.



Look at me. I haven't aged in 20 years. I always look your
My wonder Creme fades away the years!

To try my secret, I, Zsa Zsa, make you this spe offer: Send for it, use it for 30 days at my risk. See w it does for your face. I promise you'll look younger, m beautiful and more desirable each day, every day. In f I guarantee you'll love it or just return the label an will give you back every penny you paid.

It has to be mahvelous, dahling. It has my name it. And remember, I guarantee it. To send for my se formula, do this:

Rush your name and address on a piece of pa together with payment for your choice of:

For 6 months economy size only **$29.95**
For 60 days supply only **$19.95**
For 30 days supply only **$ 9.95**



To me: Zsa Zsa
Dept. ZZ49
20 W. Lindenwold Plaza
Canton, Ohio 44767
Or call me at 1-800-777-9876

P.S. **FREE!** A Special Gift. Order within the next 11 days and I send you Free my Moisturizing Day Creme, a $9.95 value. It's yours FREE. It works mahvelously all day long.

P.P.S. **Also FREE!** Order within 7 days and I'll send my **101 Hollywood Beauty Secrets**. The best h makeup secrets from TV and Hollywood's top expe How to have beautiful nails, lashes, eyes, brows, professional makeup secrets.

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. . . is pleased to present our eighth beauty, health and fragrance showcase, featuring authentic fragrances that are the genuine creations of the world's most successful designers. To order fill in coupon on page 4 or call toll-free 1-800-852-6565



Giorgio Beverly Hills Extraordinary me. Made famous in Beverly Hills orn by the world's most celebrated n. Giorgio Beverly Hills. Floral. ous. Romantic. One ounce of o Perfume costs $165, or you can ence this extraordinary perfume in cial limited edition 1/8 oz. size for 0. Limit 3 per customer.



Parfum Panthère de Cartier. red by Cartier's legendary "Great it evokes the mystery and power e animal after which it is named. ured in a faceted flacon and flanked pair of sleek panthers. Liquid jewels ordinaire. To enchant. Entice. ue. An objet d'art to covet, to own, give. Parfum Panthère 1/8 oz, a value, yours for only **$15.00.**



Oscar de la Renta Perfume. The antly feminine designer fragrance he woman who loves silks and ns, ruffles and bows. Imported from ce, the Oscar de la Renta .14 oz ume in designer flacon, a $35 e, your for only **$15.00.**



It's a shopping spree on Rodeo Drive. It's knowing no limit on your credit card. It's looking fabulous in everything you bought. It's returning nothing. Ever. It's a feeling you may get once in a lifetime or all of your life.
It's SPECTACULAR
It's original.
It's a fragrance only by
Joan Collins



04 Spectacular – One ounce **Spectacular** perfume costs $150, or you can experience Spectacular in a limited edition 1/8 oz for **$12.50.** Spectacular by Joan Collins available at Dillard's.



05 Anne Klein Parfum. Sensuality and soul. The fragrance that captures all that is Anne Klein . . . in an extraordinary bouquet of tuberose and jasmine with an undercurrent of spice notes. This exclusive offering: the distinct 1/8 oz. miniature flacon parfum, a $25 value, for **$10.00.**



06 Gucci No. 3. Elegant. Sophisticated. Contemporary. A fragrance of unusual radiance with rich floral topnotes. As Gucci No. 3 warms on the skin, the scent of rose oils, jasmine, narcissus and iris unfold on delicate notes of amber, patchouli and vetiver, blending with green forest notes. The 1/8 oz. Parfum, a $25.00 value, is yours to experience for only **$12.50.**



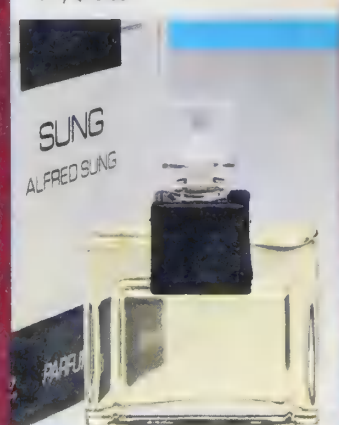
07 Caesars Woman Extravagant Perfume from Caesars Palace. Introducing the most sensuous fragrance since Caesar perfected pleasure. A floral splendor touched with rare woods and spices. One ounce of Caesars Woman perfume $160.00. Or experience this limited collector's edition: 1/8 ounce size, yours for only **$10.00.**



08 Red By Giorgio Beverly Hills. Rich. Refined. Distinctively different. **Red.** The unexpectedly soft, long-lasting new fragrance that captures all of the spirited elegance of Beverly Hills. 1 oz. of **Red** costs $175, or you can experience **Red** in a limited edition 1/8 oz. size for **$15.00.** Limit 3 per customer.



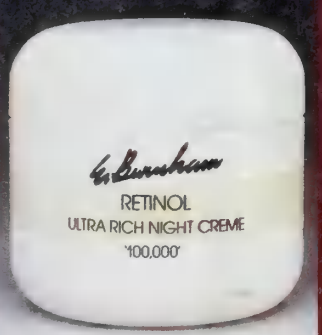
09 Liz Claiborne Perfume. A great mood to be in. Lively. Carefree. Fresh. Vibrant. Expressive. This exclusive offer, the Liz Claiborne 1/8 oz. perfume in designer flacon, a $30 value, yours for only **$15.00.**



10 Sung, Alfred Sung, is a harmonious blend of elegant white florals. "My perfume is an extension of my designs, an evolution, an intimate expression of a woman's wants and desires," states internationally acclaimed designer Alfred Sung. This extraordinary perfume is $225.00 per ounce, or you may experience SUNG in this 1/8 oz. collector's edition, a $40.00 value, for only **$12.50.** Limit 3 per customer



11 The Glycel Progressive Treatment Selections. Part of the remarkable collection of fragrance-free Glycel skin care products developed in Switzerland containing the patented ingredient, GSL. This natural extract, GSL, identified by Dr. Christiaan Barnard, works to help your skin look younger. The travel size GSL Cellular Anti-Aging Creme, Toner, Anti-Aging Emulsion and Clay Mask is a $25.00 value, available through this special offer for only **$10.00.**



12 Retinol-A Wrinkle Care Cream by E. Burnham Cosmetics. Why look old before your time? See the years vanish. Lines, wrinkles, crows feet are softened, reduced, smoothed out. Age spots are diminished. Your skin will look vibrant, healthier, younger. Feel and be more attractive. Full 2 ozs. Only **$19.95.**



13 Hydrolyzed Collagen. Your Answer For More Youthful Skin, Thicker Hair, Healthier, Stronger Nails — More Supple, Firmer Body. The beauty supplement that works from within. Gives balanced nourishment that makes you look years younger naturally — with longer lasting results than a cream. It's what women the world over have been waiting for — 30 Day supply-Tablets, only **$19.95.**

14 One Touch® Home Electrolysis From Inverness. Safe, convenient, gentle, effective. For permanent hair removal in the privacy of your own home! Battery operated. With Comfort Control Dial that adjusts for gentle treatment. Spring-cushioned Stylet Tip can't pierce the skin, ever. Audible signal automatically signals when treatment begins and ends. Includes tweezer, extra stylet tip, battery, instructions. **$29.95.**

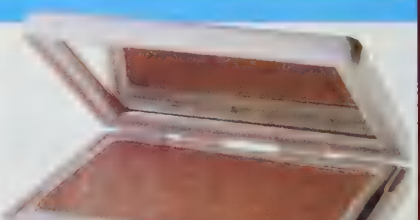




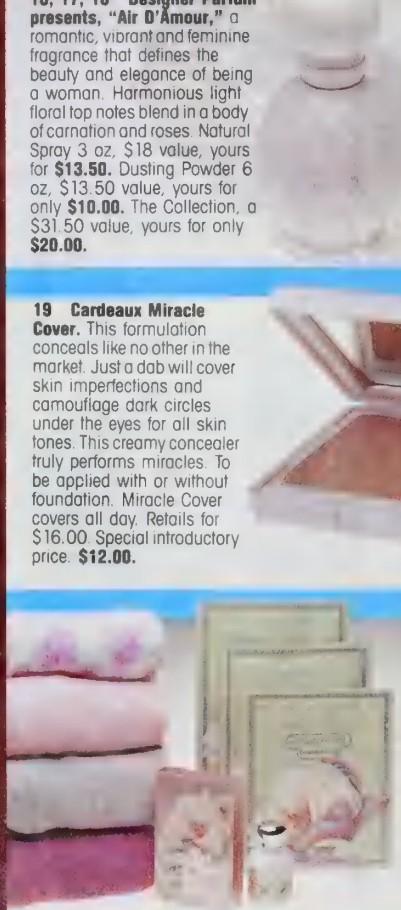
15 Deneuve, Le Parfum. A provocative fragrance. Obtain your limited edition flacon through this offer. Be among the first to try this intriguing mosaic of rare essences . . . elegant florals, rich Orientals. Normally $165 per ounce, this ⅛ ounce Parfum is yours for **$12.50.** Wear A Masterpiece.



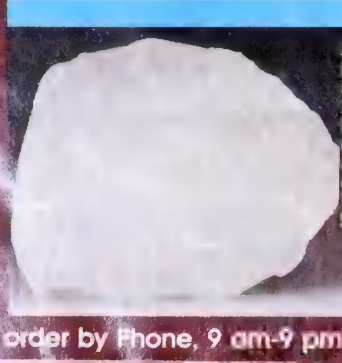
16, 17, 18 Designer Parfum presents, "Air D'Amour," a romantic, vibrant and feminine fragrance that defines the beauty and elegance of being a woman. Harmonious light floral top notes blend in a body of carnation and roses. Natural Spray 3 oz, $18 value, yours for **$13.50.** Dusting Powder 6 oz, $13.50 value, yours for only **$10.00.** The Collection, a $31.50 value, yours for only **$20.00.**



19 Cardeaux Miracle Cover. This formulation conceals like no other in the market. Just a dab will cover skin imperfections and camouflage dark circles under the eyes for all skin tones. This creamy concealer truly performs miracles. To be applied with or without foundation. Miracle Cover covers all day. Retails for $16.00. Special introductory price. **$12.00.**



20 Anais Anais . . . A fresh bouquet from a French Garden presents **Les Pastels Fleurs.** Four pair of luxurious Panty Hose in Soft White with a multi-colored floral print, Hushed Pink, Mauve and Gray. Indulge in 1.5 oz. **Anais Anais Perfumed Body Lotion** and enjoy the Parfum sample tucked in an attractive gift box. All yours for only **$14.00,** a $35 value.



21 Le Crystal Naturel. An extraordinary body deodorant made of natural mineral salts from France. Simply moisten and apply — nature's own incredible deodorant for men and women. Smooth it under your arms or on your feet. It's unscented, hypoallergenic, non-sticky, non-staining and invisible. BONUS - *it lasts and lasts!* Travel pouch included. One year's supply **$18.00.**



22 Le Crayon by Cosmetic 1st. N get all these 12 super-rich fashion in your own crayon box that stan upright on your vanity table. A bo 12 super sensational pencils that includes blendable Kohl eyeliners soft lipliners. $17.50 value only **$1**

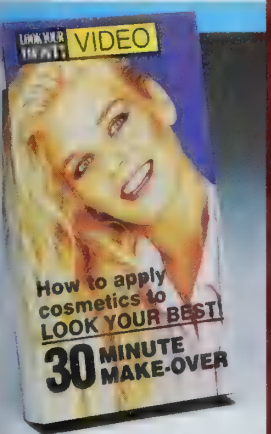


23 Hands & Nails. "A dramatical different hand cream that condition hands, nails and cuticles - then lo moisture like wearing invisible glo Beautifully non-greasy. Results are and felt immediatley; hands look yo cuticles are softened and nails are stronger-looking. Used by doctors nurses for its effectiveness on freq washed hands. Special offer, 3 oz for **$5.00.**

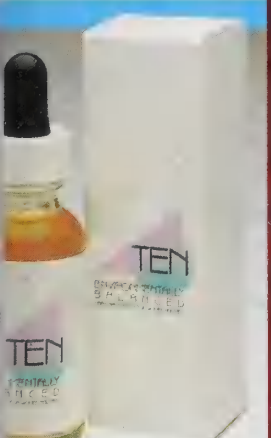
24 Thicker Hair . . . Solutions for Thinning Hair, by Amitée® Develops men and women who want thicker, fu healthier hair. Each product is formul with Celluplex, an exclusive compl vitamins and nutrients which nouri hair and scalp to improve overall condition. Includes: 12 oz shampo oz conditioner and 8 oz therapeuti volumizing spray, plus 4 nourishm treatments. An $18 value, yours for **$11.95.**



sprit De Phantom An elegant
riental fragrance inspired by the
Broadway smash-hit "The
m Of The Opera." Top notes of
s fruits tenderly merge with the
ce of exotic floral cores. The
ition sparkles with woody accords
e mystery of amber, vanilla and
. So seductive . . . This ¼ ounce
Purse Spray, a $55.00 value, for
15.00.



tep-by-step video lessons
sional makeup secrets! Why settle
ty when you can look dazzling! This
nute video shows you how to make
es sparkle using eye shadow, liner
ascara more effectively. Learn how
y foundation correctly, how to give
ps a softer, more sensual look.
sculpturing, skin care and much
Special offer only **$9.95.**
9.95 value)



.E.N. Hair Grooming Magic has
claimed for its unique formula. You
tually see your hair look thicker and
fter just one application! T.E.N. turns
ry, brittle hair into a lustrous,
died looking head of hair. Created
h men and women. Just a tiny
nt is all you need. A full month
- only **$19.95.**



28 Pheromone Parfum From Marilyn Miglin. The world's most precious perfume is $325.00 the ounce. It's more than a fragrance. It's an experience. Created for the woman who makes life an Adventure. With Love. This very special purse flacon, a $45.00 value, is yours for just **$12.50.**



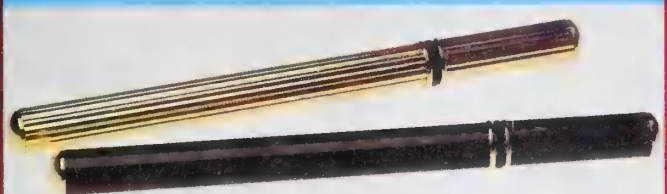
29 Vitabath® Gelee Sampler. indulge yourself every time you shower or bathe with the essential luxury of Vitabath® Gelee. Sampler contains 2.1 oz each of these fragrances: **Spring Green,** fresh and woodsy; **Fresh Pink,** feminine and sensuous; **Tangy Lemon,** brisk and citrusy; and **Vitabath Plus®**, specially formulated for dry, sensitive skin. An $18.00 value for only **$6.50.**



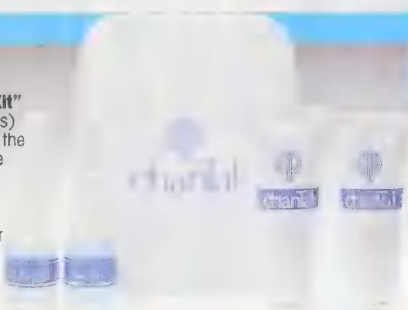
30 New from **Fashion Highlights** - The colors that captivate, 40 of our best Fall eye shadows in one complete kit designed to enhance your every mood for both day and evening - a $50.00 value for only **$13.95.**



31 The Original Placentique Cell Renewal Formula will transform aging or blemished skin to a vital, youthful and beautiful appearance. Specifically designed as an all-in-one skin care formula to meet the needs of beauty conscious, discriminating women. Now, get 2 oz travel size Free with purchase of 4 oz. A $75 value for only **$25.00.**



32 "New" The Stocking Stuffer of 1989, "The Wand Scenter" . . . Allows her to carry her favorite fragrance in an elegant refillable purse applicator. Fill the barrel of the wand with your fragrance. Applies twice the fragrance of a normal applicator. Gift boxed. Yours for **$18.50.** Available in black or gold.



33 Chantal Cosmetics: "Elasyn Essence Two-Vial Kit" (plus Skin Treatment samples) Counteract the visible signs of the skin's aging process with the Elastogenic Skin Treatment breakthrough ingredient, ETHOCYN, in its most concentrated form. Help your skin to resume its youthful resiliency and appearance. $30.00 Value for **$15.00** (limited time only)



34 Parfum Tea Rose captures the very essence of the English Rose Garden Magical in its beauty. Utterly romantic and powerfully seductive to anyone partial to the scent of Roses. Give yourself Roses in fullest bloom, decanted into the perfectly beautiful Parfum Tea Rose bottles, ⅛ oz Parfum Tea Rose, a $35.00 value, is yours for only **$10.00.**



35 Parfum Samba. Samba is a new kind of beautiful! A fragrant flirtation of glorious Flowers and delicate Fruits blended with exotic Woods and rare Spices. Presented in a nervy, curvy little bottle, ¼ oz irresistible Samba is **$7.50** (a $20.00 value). Discover the special joy you will feel when you love what you wear!



36 Le Parfum Salvador Dali. One of the 20th century's greatest artists, Salvador Dali, has transformed his art into fragrance. This unique fragrance comes in a bottle also designed by the master and is itself a work of art. Now you can own this masterpiece. A ⅛ fl. oz. parfum, a $25.00 value, yours for only **$8.50.**



37 Why Look Your [illegible] ... When You Can Look Your Best! The most advanced cosmetic skin care product you can buy without a prescription smoothes away fine wrinkles and sun damaged skin. Amazing new formula balances restorative properties of Vitamins A, E and B5 with collagen and sunscreen will make you look younger in 30 days or money back. 60-day supply, a $37.95 value, only **$27.95.** (Ongoing beauty assured: new supply sent every 2 months to satisfied customers.) FREE BONUS: Personalized skin care analysis included with order.



38 Your own Personalized Color Analysis. Your personalized fashion color wheel to help you select just the right wardrobe colors to go with your coloring. (see order form) **Only $6.95** ($19.95 value) **Satisfaction Guaranteed.**



40 Five Great Fragrance Collection. Enjoy these elegant, uplifting and exhiliratin fragrances: **Opium, Chloe, Nipon, Sinan, Valentino.** Enhance your fragrance wardrobe or use as a magnificent gift. All in their original flacon bottles, treas by collectors. All five valued at $130, yours for only **$27.95.** A one time only offer.



39 Experience the Ultimate from **Focus 21 Professional Salon Products.** Order **Jojoba** Sebum Emulsifying Shampoo, and Reconditioning Formula Corrective Conditioner for **$9.86** & receive Splash Gel Extra Firm Sculpting Gel Free! All 8 oz Sizes.



41 Zoulla Hair Remover. The most effective and safest method of FACIAL and body hair removal ever discovered, not a wax or bleach, all natural, non-toxic, no harsh chemicals and it's water soluable. Keeps hair off 4 to 10 weeks, no paraphernalia needed and it is reusable. Leaves face and skin baby soft and smooth. One tube is sufficient for one full body application or several facial applications. An amazing value at only **$12.00.**



42 Algemarin — Europe's famous Bath and Shower Gel Travel Sachets. Indulge yourself and discover the most exotic, relaxing and rejuvenating bath or shower in Algemarin's Ocean blue, mineral and protein rich, natural sea algae foam bath. Your chance to experience and adopt Algemarin bath gel at this special price. 20 convenient travel sachets, yours for just **$5.00.** Ideal gift. Order in quantities.



43 Super Lysine Plus + for beaut skin. Completely natural, anti-allergenic, skin healing cream ma from special herbal formula helps cl up skin problems quickly. Special fo formula reinforces the healing actio the cream by boosting immunity. L-Lysine cream and tablets clears prevents herpes sores, acne and ras Super Lysine Plus + cream and t combination only **$14.95.**

THE BEAUTY MARKETPLACE

TO ORDER BY MAIL: Please circle the number(s) corresponding to your product selections. Indicate quantity in space provided. Enclose a check or money order, or charge it, for total product costs plus **$2.95 per entire order** for handling and delivery. Allow 4 for delivery. Order now, offer expires Jan. 30, 1990. Supplies may be limited. The Beauty MarketPlace will refund your money imme should any supplies be exhausted. Some products illustrated are regular size. Offer will be filled with authentic sizes as described.

QUANTITY		ITEM
_____	01	Giorgio Beverly Hills $12.50
_____	02	Panthère de Cartier $15.00
_____	03	Oscar de la Renta $15.00
_____	04	Spectacular $12.50
_____	05	Anne Klein [illegible]
_____	06	Gucci No. 3 $12.00
_____	07	Caesars Woman $10.00
_____	08	Red by Giorgio $15.00
_____	09	Liz Claiborne $15.00
_____	10	Sung $12.50
_____	11	Glycel $10.00
_____	12	Retinol-A Wrinkle Cream $10.95
_____	13	Hydrolyzed Collagen $14.95
_____	14	One Touch Electrolysis $45.00
_____	15	Deneuve $12.50
_____	16	Air D'Amour Spray $12.50
_____	17	Air D'Amour Powder $12.00
_____	18	Air D'Amour Collection $30.00
_____	19	Chardeux Miracle Cover [illegible]
_____	20	Anais Anais $14.00
_____	21	Le Crystal Naturel $15.00
_____	22	Le Crayon $11.00
_____	23	Hands & Nails $5.00
_____	24	Tracker Hair by Amitee $11.95
_____	25	Esprit de Phantom $15.00
_____	26	Makeover Video $9.95 Specify ☐ VHS ☐ Beta

QUANTITY	ITEM
_____	27 T.E.N. Hair Grooming $19.95
_____	28 Pheromone $12.50
_____	29 Vitabath $6.50
_____	30 Fashion Highlights $13.95
_____	31 Placentique $25.00
_____	Wand Scenter $18.50 Specify ☐ BLACK ☐ GOLD
_____	33 Chantal $15.00
_____	34 Tea Rose $10.00
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continued from page 139

experienced at least one incident with campus men that made them feel insulted or degraded," says Bernice R. Sandler, of the Association of American Colleges, in Washington, D.C. "When one university held an anti-pornography march, for instance, the women marching were taunted with cries of 'gang rape, gang rape' and 'I'll take that one.' "

Far too often, male students do not confine themselves to verbal assaults: According to a survey of six thousand students at thirty-two campuses by Mary Koss, Ph.D., a professor in the psychiatry department at the University of Arizona, one in twelve men admitted to having forced, or tried to force, a woman to have intercourse.

"This is not a problem that can be fixed with a little psychotherapy and a few more prisons. The real issue is the way men are brought up to view women."

Incredibly, many men see nothing out of the ordinary about such attacks. "A 'nice' guy I was seeing decided he was tired of me saying no to sex," says Kelly, a musician from Seattle. "He had forcible, very painful intercourse with me. I fought, but he was a very large man. Afterward, he seemed to have no idea that he'd done anything wrong."

More shocking still are statistics on mere boys provided by Elizabeth Holtzman, district attorney for the borough of Brooklyn, in New York City. In the last two years, there has been an astounding increase of 200 percent in rape arrests of boys under thirteen in New York City, she says, while rape arrests of boys under eighteen went up 27 percent.

The comments of one of those youths provide a chilling insight into an attacker's motives. "She was weak. She couldn't do nothing," the boy says of his victim. "I was a dominant force over her."

Certainly, that need for power is a factor in sexual violence, and the current wave of sexual rage may be caused at least in part by a backlash against the challenges to traditional male power that have been posed by the women's movement. "[Some men] may be uncomfortable dealing with strong women," say Bernice Sandler and Jean O'Gorman Hughes in a report on campus harassment. "Lashing out at these and other women by harassing them is a way to alleviate their discomfort."

Many men have been deeply shaken by the social upheaval in the years since the women's movement became mainstream, according to J. William Gibson, Ph.D., an assistant professor of sociology at Southern Methodist University, in Dallas. "From the mid-sixties through the late seventies, many traditional social relationships for men were significantly altered," Gibson says. "A lot of the culture that has emerged in the eighties, such as the increased popularity of movies and novels that present men as warriors, has been a symbolic attempt to restore a more traditional world."

The heart of the matter

Then again, some cultural traditions do stand—especially the definition of a "real" man. "Unfortunately," says Holtzman, "we have the idea that men prove themselves by being physically stronger than someone else or even harming that person physically."

Since many boys are also taught that manhood can only be conferred on them by other men, women are seen primarily as "the other"—and the appropriate victims on whom to prove oneself.

And these days, such time-dishonored stereotypes are more widely disseminated than ever. The misogynistic images appear everywhere:

- *Computer software* MacPlaymate, a program that has found its way into both college dorms and executive suites, has graphics that display a nude, spread-eagled woman who is, according to a personal computing magazine, "ready to entertain your wildest electronic fantasies." The author of the program, Mike Saenz, a twenty-nine-year-old from Chicago, cheerfully admits that the program is "sexist as hell." Prudence Baird, a Los Angeles executive who is conducting an informal campaign against the program, says, "I call it 'MacRape.' "
- *Comic books* Many titles in the $300-million-per-year industry focus with disturbing frequency on the theme of sexual violence. One comic, "Black Orchid," begins with a woman being tied up and set afire; and "Displaced Paranormals," shows a tractive female "mutant" being pended from the ceiling and tortu
- *Men's magazines* Violent s themes such as rape and bondag often depicted in mainstream pul tions, says Neil Malamuth, Ph.D. fessor of communications at UCL the book *Pornography and Sexua gression* (Academic Press, 1984), muth writes of the negative effe the "coupling of sex and aggressi these portrayals."
- *"Slasher" films* Box-office a tions like *The Tool Box Murder* the *Friday the 13th* series custom show "independent women" killed "in a sa highly sexua way," says Pa Bart, Ph.D., a so gy professor at University of Ill Chicago.
- *Popular music* uncomfortably percentage of the sic bought by agers emphasizes violence, espe sexual violence against women. E ples: A song by the band Gu Roses that contains the line *I us love her, but I had to kill her;* an by the group Poison, "I Want Ac that contains the lyric *If I can't her I'll take her and make her.* another performer, the rapper Rick, has released a record "Treat Her Like a Prostitute."
- *Comedy* Some of the most abashed contempt for women c found in the routines of popula formers like Eddie Murphy ("Re ber the good old days, when you beat up on women?"), Sam Kinis don't condone wife beating . . . I *u stand* it"), and Andrew Dice who, said one reviewer, portrays en as "a series of pliant orifices a panied by a plaintive nagging vo

Such cracks are no joke. On Angeles woman who saw Clay's called it "forty of the most ups minutes I've ever experienced." tines like Clay's clearly reflect common some ugly attitudes ar shows habitually draw raucou proval from hundreds of male fa

A dreadful price

The toll taken by the war against en is clear and devastating. For th lions who've been the victims of s assault, life will never be the sam cording to a study co-authored by Sorenson, Ph.D., a clinical psych at UCLA, victims of rape and othe ual assaults are much more likely nonvictims to suffer from *(conti*

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major depression, alcohol or drug dependence, or anxiety disorders such as phobias and panic attacks. "The rape ruled my life; I couldn't stop thinking about it," says Bonnie, the Iowa student. She was unable to work for eight months after the attack, and even today, she speaks haltingly of her ordeal. "It's taken a long time for me to come to terms with it, and I still don't trust men at all."

Kelly, the Seattle woman who was raped by her date, says, "I completely stopped going out with men for a while. But even after I started dating again, I wouldn't go to a man's apartment alone for any reason. I was sure that something awful would happen."

The same kind of fear often grips women even if they have escaped an attack. "I'm completely afraid of being alone anywhere for more than a few minutes," says Alice, thirty-two, a nurse who fought off an attacker on a deserted Northern California beach. "And I'm still furious at that guy, whoever he was. How could he believe he had the right to do that to me?"

For women who have become accustomed to independence, the loss of control they experience after an attack can be almost as frightening as the incident itself: Bonnie had been living on her own at the time she was raped, but she moved back to her parents' home the day of the attack. "I felt terrified," she explains.

Nora, a thirty-five-year-old computer executive from Dallas, was raped in an underground parking lot. Now, she thinks, she will be looking fearfully behind her for the rest of her life. "I had gotten careless," she says. "But you can't ever let your guard down."

And one New York City woman, who was verbally harassed four times in the space of a block late one night, says the incidents have made her more wary of traveling by herself. "I used to think I could go pretty much anywhere at any time," she says. "Now I'm not so sure. I have to start thinking like a victim. No woman should have to do it, but that's the reality."

Fighting the violence

Although the war against women may seem unwinnable, there are some specific defensive steps that can be taken. "We need to have more effective enforcement of existing laws, and in some cases, strengthening of them," says Elizabeth Holtzman. "We also need to have counseling and training programs *within* the criminal justice system—we still find judges who reflect attitudes that women who are raped are responsible for it."

Unquestionably, though, the most important changes to be made are cultural. "This isn't a problem that can be fixed with a little psychotherapy and a few more prisons," says Diana Russell, Ph.D., professor of sociology at Mills College, in Oakland, California. "The real issue is the way men are brought up to view women and to see manhood."

At home, parents should be aware of the messages their children may be getting from the music they listen to and the videos they see. If those messages are exploitative, parents should reasonably discuss the issue with their kids: It is of the utmost importance that children not think of sexual violence as entertainment.

Holtzman says, "Speaking out against violence in media and particularly violence against women is crucial. I also think we need to address issues of discrimination against women, so we can strengthen the notion of the full humanity of women."

It's essential, too, for men to understand that sexual harassment, even if it is not violent, is part of the spectrum that has rape and murder at its farthest end. "Sexual harassment is not a lunchtime sport," says Bonnie Lynn, forty-eight, an insurance claims adjuster from New York City. Lynn was outraged by a humorous *New York Times* article that appeared last April, one week after the Central Park rape, on "good-natured" men in the Wall Street area who volubly judged passing women on their appearance. "In its extreme, the idea that women are fair game leads to the kind of animal violence that was demonstrated against the woman in Central Park."

Most important of all, perhaps, is teaching boys that being a real man does not have to mean being violent or aggressive. It is here, says Jane Hood, associate professor of sociology at the University of New Mexico at Albuquerque, that parents can play an especially significant role. "We need to encourage children of both sexes to play together so that by the time they're teenagers, boys will learn to see girls as friends and not just sex objects," she says. "We *don't* need to encourage them to fight all their battles physically. I know these are hard changes to make, but they are ones we must think about."

Nancy Biele agrees. "If we can stop at a generational level and teach boys and girls differently, we can break through this. A world that is truly equal," she says, "would be a world without sexual violence." ■

Carol Lynn Mithers is a free-lance writer based in Los Angeles.



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READERS' JOURNAL

LAWN TIPS

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CHILD-CARE CONCERNS

Regarding "The working mom's handbook" (August), why don't you do the same for stay-at-home moms? I am a college-educated woman who has chosen to be at home with my son, and I am so sick of every woman's magazine geared toward working moms. Please give us a pat on the back, and pay some more attention to us.

Mary Katzman, Glastonbury, CT

As a day-care supervisor in a medical center, I really enjoyed your article on child care and have shared it with other professionals. I was pleased that you chose to ask the workers themselves what their thoughts were. We are the unsung heros and the unacknowledged "other mothers" in many cases. It's good to see knowledge about day care in mainstream publications.

Toni Carter, Wichita, KS

WELFARE WORK

I have just finished reading "From welfare mom to millionaire" (August) and felt compassion and anger toward the author, who described her bad experiences with the welfare department. As a welfare caseworker in Illinois, I struggle to make the best of the many complex programs, the reams of paperwork and the endless cession of problems. Sure, we're not fect, but we are human and have com sion for those that we are trying to The media play down the positive as of the system; why not give us a shake?

Shirley Haley, Chestn

THE WOMAN WHO WOULD BE QUEEN

Please inform Susie Pearson, whose a "Diana's double life" appeared in Au that Diana will not become queen. will remain the Princess of Wales—ju Prince Philip remained the prince.

Pamela K. Puekis, Cedar Poi

According to the British consulate in York, Diana will indeed become when Charles becomes king. Sexist t it may seem, if it were the other around and Diana was assuming throne, Charles would remain a princ

Send your letters, preferably type ten, to LHJ, 100 Park Avenue, York, NY 10017.

A PASSING FANCY

continued from page 103

laughs. "Leo tried to sing along. He got the lyrics mixed up. He sang 'The hamster, my friend, is blowin' in the wind.' What am I *talking* about?" she says.

They laugh together for a moment, and then Jenny begins to cry. "There's nobody like you on earth," she says.

"You're probably right about that," he says softly, "but I owe it all to your wonderful imagination."

When she arrives home, she thinks that if she had the house to herself, she'd retreat to her bedroom and yowl for hours. She'd take a slow, hot bath, put on her pajamas, make herself a bowl of oatmeal for supper. Then she'd pile into bed and make a nest there, taking along a box of crackers and some junky magazines. She'd tell anybody who tried to interfere, "I'm on vacation."

When she opens the back door, a couple of hamsters whiz past, pursued by a cat. She sees Margot the baby-sitter curled up on the sofa, entwined in the telephone cord, crying, breaking up with her boyfriend for the umpteenth time. The children are in the kitchen finger painting, only they've started stamping the kitchen cabinets with their hands. Butler looks up and thumps his tail guiltily, grinning at her with purple teeth.

How is it that despite her caved-in heart she knows exactly what to do? She pops a tissue from her purse and hands it to Margot. Then she shoves up her sleeves and in twenty minutes the kitchen sparkles, the kids are scrubbed, Butler is on his chain in the backyard, the hamsters are rescued, Margot is consoled, paid and dispatched, and a chicken is slipped into the oven.

When Dave arrives home, grumbling about tricycles left in the driveway, she barely hears him. Not until she's washing dishes and Dave has corralled the children for their bath does the feeling overtake her that she'd swallowed the moon.

It was very large, the moon, bigger than she ever dreamed, and it did not go down easily. It had looked warm and frivolous as a butterscotch when she'd first reached for it, but now it spread itself inside her like a slow-melting glacier.

She looks down at the sink full of supper dishes. This is the way you forget them, she thinks, all those splendid chances for love that are out there. You stop looking into the sky. You bow your head. You put your hands in soapy water and clean up.

She gazes at the dishes until the water grows cold. Then the moon surprises her, beaming in through the kitchen window. It's different from the one hung over the Seven-Eleven on We day nights. It looks as holey as a yellow sock snagged in the neig hood trees. There is so much light ing from this moon that she can se way by it all the way upstairs.

Everyone's gone to sleep. On threshold of her bedroom in the s moonlight this is what she sees: th full of her family, a peaceable kin all her own. Dave is wearing his paj three little boys dozing in his arms ler is curled at the foot of the bed, fl by his harem of cats.

Gazing at her family, she feel unbidden solace of something trie true. She undresses quietly and re for the nightgown that Dave laid a chair for her. The nightgown glo a downrush of moonlight; it look the ghost of her. She thinks that been absent for a long, long time she wishes Dave had missed he knows that one thing she will about Simon is the brief, risky f he gave her of not knowing, finall her life would turn out.

Marianne Gingher is the author award-winning novel "Bobby Greatest Hit." She lives in Green North Carolina, with her husban two sons. This is her second story fo



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LAST LAUGHS



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Out of the mouths of babes

My four-year-old nephew hates to get into the tub. When he protested his next bath to his mother, he asked, "Why can't you just dust me like you do the furniture?" *—T.R. Kovach, Nevis, MN*

While I was teaching a first-grade music class one afternoon, a little girl student ran up to me and yanked on my dress. "What's wrong?" I said. She answered, "Anthony told me I was a tattletale!" *—Jodi Solomon, Charlotte, NC*

At the breakfast table one morning, I asked my four-and-a-half-year-old daughter if she could name the president of the United States. After thinking for a moment, she replied, "George Bushington." *—Gail Viox, Cincinnati, OH*

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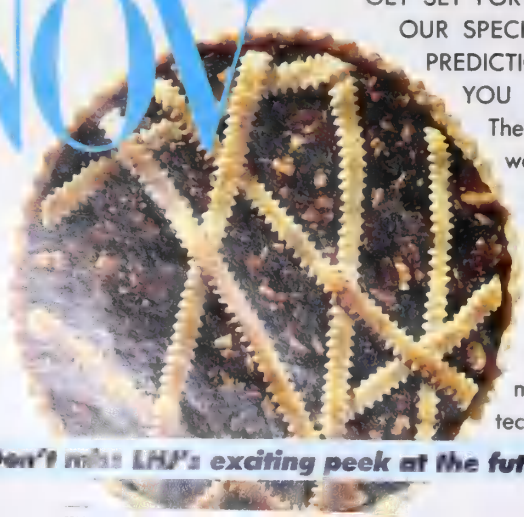
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—Linda Holt

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Mark Thomas

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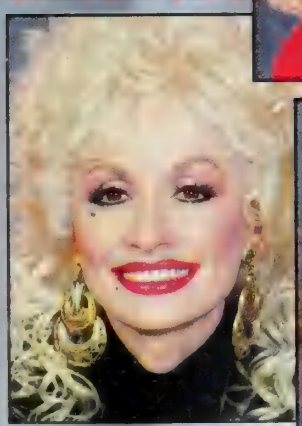


WOMEN in the '90s













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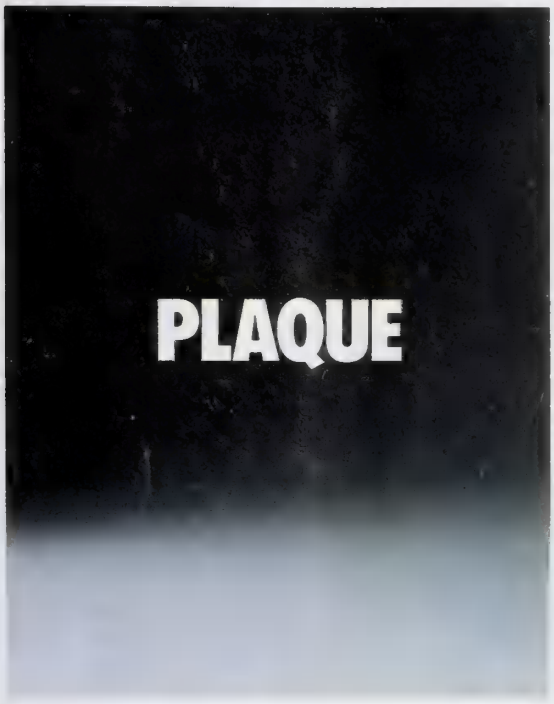
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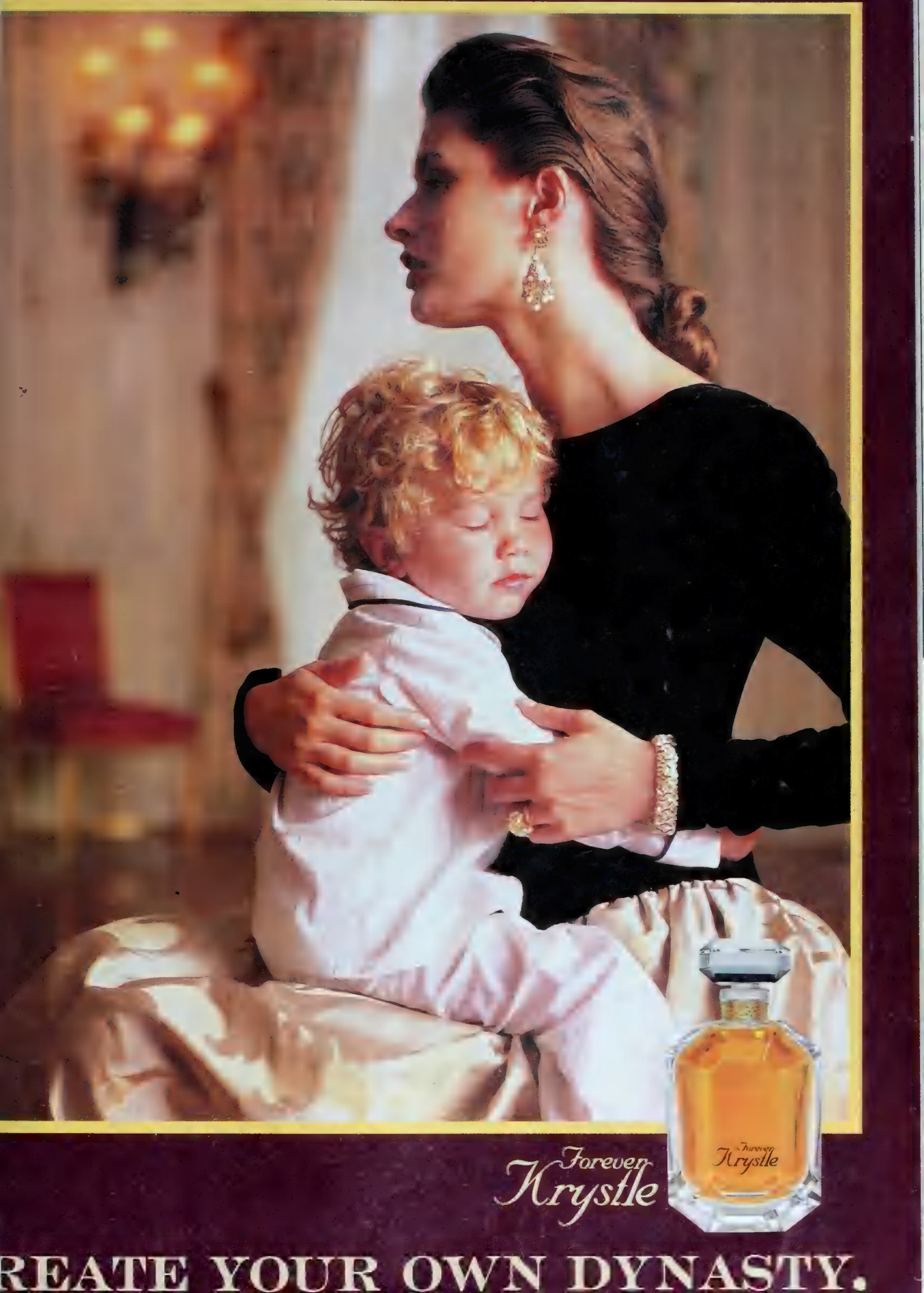


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LADIES' HOME Journal VOL. CVI NO. 11 NOVEMBER

WOMEN in the '90s

LHJ gets set for the new decade! In our biggest issue ever, we look forward to the changes the '90s woman will make for herself and her family.



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Cover photos: Bush, Eddie Adams/Sygma; Eikenberry, Alan Berliner/Visages; Walters, Capital Cities/ABC; Field, D. Kirk Sygma; Parton, Paul Harris/Outline; Oprah, Gerardo Somoza/Outline; Bergen, Tony Esparza; O'Connor, Ken He Photos, this page, from top: John Maher, Dennis Brack/Black Star.



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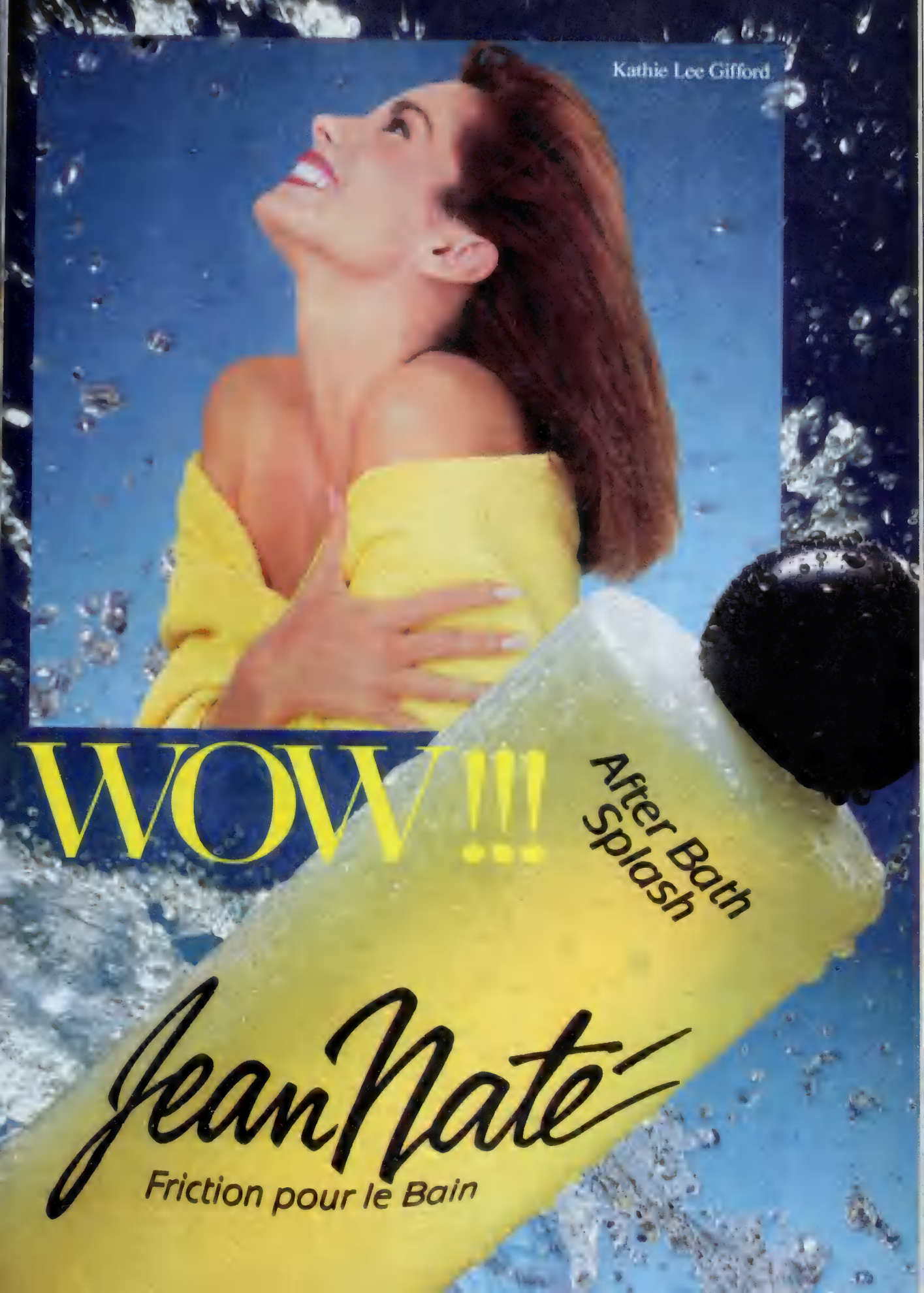
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Kathie Lee Gifford
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EDITOR'S JOURNAL

By Myrna Blyth



WHAT'S NEXT FOR US ALL?

The issue you are about to read is the largest in the one-hundred-six-year history of *Ladies' Home Journal*. This bountiful issue is all about what's next for women in the decade of the '90s. It strikes me as remarkable and gratifying that a century-old magazine's biggest issue ever is not about the past but the future. What better evidence of the vitality and contemporary appeal of the *Journal*? What better proof that the '90s will offer the *Journal*'s sixteen million readers greater opportunities for achievement and satisfaction than ever before?

WOMEN in the '90s

Ladies' Home Journal staffers have been working on this issue since last winter. We started our research with an all-day conference, co-sponsored by General Motors Parts, that called together leading experts in the areas of health, careers, family, finance and the arts to help us determine the significant trends of the '90s. Then various department editors consulted authorities in their fields to find out what's next in beauty, fashion, fitness, food, decorating and entertainment.

What have I learned editing this issue? Most of all I've learned that women, after a decade of trying, have given up, with a sigh of relief, the impossible dream of being Superwoman. The prevalent '90s attitude about having it all will be much less intense, far more realistic, even, I hope, allowing for an occasional laugh at oneself. In past decades, women were usually told what they should want, how they should behave. In the fifties and through much of the sixties women were told they should be the happy helpmates, subjugating themselves cheerfully to the needs of their husbands and children. In the seventies and eighties they were told they should fulfill themselves, usually with singleminded concentration on their careers. Well, at *LHJ* we believe that in the nineties women won't want to be *told* anymore, thank you. They will want to think for themselves. They'll decide what's most important to them personally, and then act on those decisions. They'll want to make their own choices on how to live. Of course, figuring out what a woman wants for herself is often frightening and always complex. But, I believe, women in the nineties will be up to this ultimate challenge. And the *Journal*, just as in the past hundred and six years, will be around to help. So welcome to the nineties, which we have dubbed the She Decade. Read the issue and find out all the reasons why. And, be assured, it looks like a very promising future for us all.

READER CALL-IN DAY

This month it's Wednesday, November 8, from 1 to 4 P.M. Eastern time. Remember, the call's on you. At the phones: Health Editor Nelly Edmondson Gupta and a breast-cancer specialist, 212-351-3680; Test Kitchen Director Carol Prager, 212-351-3681; Associate Beauty and Fashion Editor Susan Parkes, 212-351-3682; Decorating Editor Lauren Payne, 212-351-3683; Assistant Managing Editor Nina Keilin, 212-351-3684.

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9 Revlon-Realistic Professional Products, Inc.

"I'm still doing everything"





Judy and Steve had a deal: They'd both share parenting responsibilities. But now Steve won't do his part. By Margery D. Rosen

For thirty-six years, this column has shown that married couples grapple with age-old problems. In the eighties, however, these problems were often exacerbated as couples struggled to cope with women's changing roles. Still, there's reason for optimism about the future of marriage, says Sonya Rhodes, a couples family therapist in New York City and the counselor for this month's case. She sees a return to real commitment, with men and women determined to concentrate on their relationships. "Couples are going to be far less frivolous about ending their marriages," notes Rhodes. "Men, in particular, are beginning to change. In the nineties I think we'll see more true partnerships in marriage."

Judy's turn

"I've had it. I've absolutely had it," said Judy*, twenty-eight, her deep blue eyes flashing and her voice rising with anger. "I might as well be a single parent for all the help and support I get from Steve. Katie is almost a year old, I'm still so tired my hair hurts, but I do 99 percent of the child care and the housework.

"As I sit here talking, I can feel myself getting madder and madder. What right does he have to treat me like this? We were married five years when we began talking about having a baby. It was definitely something we both wanted. And we had a deal: We were going to be equal partners, sharing everything.

"Steve knew I wanted to continue my career as a children's book editor, and he was very supportive of my plans. Together, we interviewed baby-sitters and looked at day-care centers. We agreed that Deidre, this lovely woman who lives four blocks away, was ideal. After six weeks' maternity leave, I went back full-time. Steve takes Katie to the sitter's house on the way to work—he's a stockbroker—and that's about it. Is this his idea of equal?

"When I look back, I realize Steve pretty much checked out of his responsibilities the day I came home from the hospital. I'd had a C-section after nearly forty-six hours of labor, and I was exhausted. Steve asked his mother to come and help out. She's a very intrusive, controlling woman who thinks Steve walks on water. I knew we needed help, so I said fine, anything.

"Well, having his mother there was perfect for Steve. I'd ask him to change the baby, and his mother would say, 'Oh, Steve, you shouldn't be doing that.' Or, 'Why don't you run down to your theater group and take your mind off all of this,' and Steve would disappear. Steve is very involved in this not-for-profit arts group that *(continued on page 24)*

**The story reported here is true, although names and other details have been changed to conceal identities.*

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(continued from page 20) helps underprivileged kids through drama. I'm proud of him for devoting so much time to it, but he's gone five nights a week until eleven P.M.! I'm sick of it.

"Even when he's home, he's not there. Last week, it was his turn to watch the baby while I took a nap. As soon as my head hit the pillow, I heard Katie crying. When I raced into the living room, Steve was lying on the sofa reading the paper, while Katie screamed. Is he deaf?

"But you know, it's more than just the actual taking care of the baby. It's the thousands of little things that go along with having a child. Like taking her to the doctor. Or remembering to buy diapers. It's only common sense—and common courtesy—to at least put diapers on the list if he notices that we are out.



"I'll do my part as much as the next guy, but Judy is a fanatic," Steve says. "This is a home, not a museum."

"Steve wants a nice home, but he doesn't help keep it that way. He's a total slob, and that's very hard to deal with. Our apartment is tiny, and the only way to make it nice is to put things in their place.

"Steve thinks he's trying. But going to the grocery store and buying things I don't need is not a help. If I ask for a specific brand, then that's what I want. He gets insulted because he thinks he deserves a medal just for going, but he only makes more work for me because then I have to return everything.

"I've tried to talk to him about this, but Steve looks right through me and tunes me out. He becomes cold and withdrawn. It's infuriating when he shuts me out—the same way his father treats his mother.

"This is the kind of situation I swore I'd never fall into. My mother was your typical suburban housewife—a very meticulous housekeeper. She was very sweet and loving—and very unassertive.

"To me, Mother seemed strangely accepting of her life. She was active in volunteer work, the PTA, the whole bit. I knew she had always wanted to be a teacher, but her parents had discouraged her from going to college.

"My father was a very strict authoritarian. He traveled a lot, but even when he was home, I knew I could never talk to him about anything personal.

"Something that happened my sophomore year of college was typical. By this time, Steve and I had been dating steadily. When I was home for Christmas, my mother actually went snooping through my pocketbook and found my birth control pills. She made me tell my father.

"Until then, my parents had adored Steve. But that night, my father started ranting and raving. God, I thought the walls would crumble. 'You're not my daughter,' he bellowed, and he made me promise to stop sleeping with Steve or he'd stop paying for college.

"Well, like the good little girl I'd learned to be, I promised I wouldn't sleep with Steve. At least I let him *think* I wouldn't.

"That calmed him down, but he still refused to see Steve and stayed cool to me up to my wedding day.

"Anyway, as I said, Steve and I agreed to be equal parents, but now he's made a one-hundred-eighty-degree turn. He doesn't help, he's often not home and there are times when he deliberately sabotages me.

"Last weekend was a perfect example. We were driving upstate to visit his parents—we go every weekend even though we seem to fight more there. I'd asked Steve to pack a bag for the baby. Well, we're driving along, and Katie starts to cry, so Steve pulls out a bottle of milk. Not juice but milk! He *knows* I don't want Katie to have anything but breast milk yet. Is that undercutting me or what?

"Lately, these things make me so angry, I can barely talk to him, let alone make love. We fall asleep without even saying goodnight. I get very sad when I think about the way we were, but I can't stand one more day living the way we are now. I'd be better off by myself."

Steve's turn

"I'm in a no-win situation here," said Steve, twenty-eight, a tall, muscular man who still looked like the high school athlete he had been. "I try to help out, I try to pick up Katie when she's crying, but she keeps craning her neck to see where Judy is. She doesn't want me, she wants her mommy. So what am I supposed to do?

"I feel, well, pushed aside. I wanted to start a family as much as Judy did, and I was thrilled when Katie was born, but I had no idea that one little baby could be so exhausting. And Judy doesn't give me an inch.

"For instance, I don't think a baby has to be changed anywhere near as often as Judy thinks she does. She is so terrified Katie will get a rash that she changes her constantly. And when I try to, she tells me I'm doing it wrong.

"I'll tell you something else: I can dress my child as well as anyone. A few weeks ago, I was taking Katie to the playground, and Judy got hysterical that I put this sweater on her. 'She's going to roast,' she screamed, and ran to take it off. You know, she could have spoken in a civil manner. It would have gotten the same result.

"How about a little credit for the things I do? I've about had it with trying to please Judy. I spend a lot of time in the grocery store, making sure to buy everything on her list. Is it necessary to treat me like a criminal because I buy the wrong spaghetti sauce? If that's the way she's going to be, I won't offer again.

"And I'd like to put in a word on the housekeeping front, too. My father ran his own printing business and my mother was a housewife. She liked pampering her family. I'll do my part as much as the next guy, but Judy is a fanatic. Every dish has to be washed within minutes of finishing dinner. Every pillow on the couch has to be fluffed. I can't live like that.

"Besides, if she'd just lay off and stop nagging me, I'd get to it all. But Judy won't lay off. She's just like my mother—very controlling, very bossy. And she's (continued)

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HEIGHT	SIZE 1X LBS.	SIZE 2X LBS.	SIZE 3X LBS.	SIZE 4X LBS.
4'9"	160-194			
4'10"	155-194			
4'11"	150-194	195-224		
5'0"	150-189	190-229		
5'1"	150-184	185-234		
5'2"	155-179	180-219	220-239	255-300
5'3"	160-174	175-214	215-254	250-300
5'4"	165-174	175-209	210-249	250-300
5'5"	170-174	175-194	195-249	245-295
5'6"	170-189		190-249	240-290
5'7"	170-184		185-244	235-285
5'8"	165-179		180-239	235-280
5'9"	155-174		175-234	235-280
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continued

so hostile. She doesn't talk, she screams. She won't make love. My only escape is my theater group. Yes, I'm gone some nights, but Judy exaggerates about how much.

"Judy told you about driving up to my mother's house last weekend. More than anything else, her hysteria then convinced me that we needed outside help fast. All I did was pack a bottle of milk. I didn't mean to sabotage Judy's nursing. Was it that big a deal?

"What else can I say? I try. I really try. But with Judy it's never enough."

The counselor's turn

"Judy and Steve were so intensely angry at first, I wasn't sure they'd be able to break the cycle of hostility.

"Judy was threatening divorce. Highly expressive and emotional, she felt very much the victim and was incensed that Steve would abrogate their well-thought-out agreement. She felt strongly not only that she should be able to continue her career but also that parenting responsibilities should be shared.

"Steve's betrayal represented more than just additional burdens during an already-hectic day. The way he tuned her out was rejection similar to her father's rejection whenever she failed to please him.

"Judy didn't realize, however, that her attitudes and behavior in many cases were creating as well as perpetuating the problems.

"For the first few sessions, Steve brooded silently. He also felt like a victim: He honestly thought he was fulfilling his share. He would unconsciously act out his anger by failing to do what he had promised. What's more, Steve felt increasingly inadequate as a father, since it was clear that Katie preferred Judy.

"My first step was to help this couple define their problems and negotiate specific solutions. The fight over the milk was a good place to start, a perfect example of how Judy was placing Steve in a catch-22 situation. I told her frankly that in this particular case she was overreacting.

"Then I pointed out ways Judy had not only set herself up as the special person in their daughter's life but had given Steve double messages: She wanted him to be more responsible and independent in handling the child-care and household duties but at the same time insisted on supervising or criticizing his efforts.

"I told Judy that if she wanted to in charge, she couldn't complain th her husband was not doing enoug Though, clearly, nursing was som thing only she could do, was it so ter ble if Steve chose one diaper ointme over another? And Judy had to lea to trust her husband to take Kati sweater off once he discovered it w warmer outside than he had though

"My comments were a revelation them. Judy realized that she was r giving Steve enough room to develo close relationship with Katie. Over t next few weeks, she made a conscio effort not to rush and grab her if s was crying but rather to let Ste handle it.

"Though some people may disagr with me, I believed that Judy's nu ing was depriving Steve of an imp tant role. Once we discussed this, s agreed and, since the baby was n over a year old, decided it was time wean her. This gave Steve an oppor nity to feed Katie, and it became time of closeness for them.

"As our sessions continued, Ste was able to express how left out felt. I told him that he should take t initiative instead of waiting for Ju to nag him.

"He started suggesting activit that he could enjoy with Katie. T more time he spent with her, the m warmly she responded to him, a Steve began to feel confident and control. 'You know what Katie did t morning?' he told me with pride at session. 'When she woke up, instead calling out Mommy, she called Mo mydaddy. I guess that means som thing, no?'

"We negotiated other solutions well. Steve agreed to cut back his t ater-group activities to two night week. This way, he didn't feel jai and Judy didn't feel abandoned. Steve started to do his share of t housekeeping, Judy relaxed and re ized the apartment did not have to spotless.

"They stopped visiting Steve's p ents every weekend, since those tr exacerbated their problems. As th began to spend more time together the city, they became more unified a family. Steve grew more responsive Judy and Katie, and Judy no lon felt like a single mother. What's mo Judy has learned to express how s feels in a nonconfrontational, nonac satory way. That prompts Steve think about his own feelings, and th can discuss a solution.

"Judy and Steve were in counseli for almost a year. In that time, th achieved the closeness they sought a had honed tools to retrieve it wh new problems develop."



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My moment of courage



Safe at home after the plane crash, the author says, "I just can't imagine being scared of anything ever again."

Throughout the eighties, "A Woman Today" has shown how we have overcome tremendous challenges and coped with serious problems. Now, on the eve of the nineties, here is a story that portrays the extraordinary bravery of one American woman.

As the DC-10 headed for an emergency landing in Sioux City, Iowa, I gripped the hand of the little girl next to me. "It's going to be all right," I told her. Within minutes, the plane crashed and burst into flames—and I knew I had to try to save us both. By Ruth Ness

When I left my house in Grand Junction, Colorado, for the airport last July 19, I was nervous and a little scared—as I always am when I travel by plane. But I had no idea how terrifying this trip would become—or that it would nearly cost me my life.

I was flying to New York to visit my parents, who live in Queens. It was a very special occasion: My mother and I were going to buy my wedding gown. The big day was August 18, and I'd been dreaming about the dress I would wear ever since my fiancé, Roy Ness, and I had gotten engaged in April.

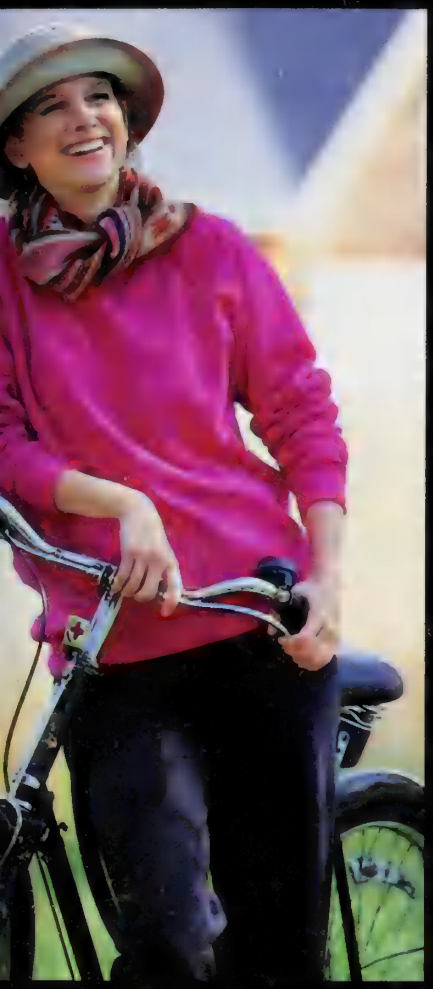
I was traveling with Debbie McKelvey, a friend of a friend, and her two children, Devon, five, and Ryan, seven, who were also going east to visit relatives. Debbie's husband couldn't make the trip, so I was helping her with the kids. (I'm a speech therapist for the local school district, and I love children.) First we would fly to Denver, then get on a flight to Chicago, and there, finally, we'd board a plane for Newark Airport.

Our flight was due to leave at 10:15 that morning, but when Debbie and the kids and I got to the airport we discovered that the plane had been delayed. We sat down to wait, and Debbie mentioned that there had been a bad landing the day before in Chicago. "So we should be safe today; the chances of something happening two days in a row are pretty small," she reassured me.

When we finally arrived in Denver, United flight 232 to Chicago had just started boarding. As we got on the DC-10, I was amazed at the size of it—it was the biggest plane I'd ever seen. "Can this thing really fly?" I asked one of the flight attendants.

"Oh, yes," she replied, smiling. We found our *(continued)*

Kenneth Redding/Black Star



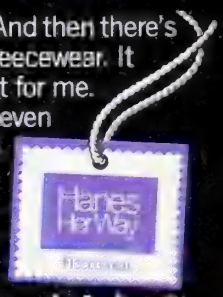


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s—I was with Devon in row lve, and Debbie and Ryan were ad of us in row eleven. A short time r the flight was scheduled to take a voice came over the loudspeaker ouncing that the crew was sorry the delay but that the plane had some electrical problems. "It's all en care of," she said, "and we'll be ng off shortly."

lectrical problems? I thought, pan- d. I struggled to regain my compo- . Everything is fine, I told myself. nd for a while, everything *was* . The flight attendants served ch, and afterward they turned on n-flight video, a recap of the 1989 le Crown horse races. I relaxed.

hen suddenly, as Devon and I were sting our movie headphones, there a huge explosion in the rear of the ne. The aircraft shook and headed nward. It was like being on a light- -fast roller coaster—I could feel skin on my face being pulled back he force of gravity, and I gripped armrests as hard as I could. We're hing! I thought in terror.

lmost immediately, the plane lev- off, and the pilot, Captain Alfred nes, came on the intercom. "Ladies gentleman, I'm sorry for the dis- ance," he said. "We lost our num- two engine, and we're going to be a bit late getting into Chicago. I'll you posted."

ne other passengers looked as ken as I felt. But the flight atten- ts remained perfectly calm; they ked through the cabin reassuring le. It must be okay, I thought, but s too nervous to really believe it.

was concerned about Devon, but didn't seem scared at all. I made her seat belt was fastened secure- nd I tightened my own.

was obvious that there was still ething very wrong with the plane. flight had become extremely rough, the two remaining engines (our DC- ad a total of three) sounded as if were going on and off. (Later, we d out that the only way the pilots d steer the plane was by alternating er between the engines. The explo- had all but destroyed the tail of the raft as well as the hydraulic lines, ing them to lose fluid and stop func- ng. Without the hydraulics, a pilot almost no control of the steering landing gear.)

kept my own fears in check by com- ng those around me. "It's going to kay," I reassured Debbie, who was tense. The teenage girl across the from me was shaking and had s in her eyes. "Don't worry, it will be all right," I told her.

A few minutes later, the captain came on the loudspeaker again. "We're preparing for an emergency landing in Sioux City," he said. "I'm not going to kid you—it's going to be rough. In fact, it's going to be very rough. I'll try to give you notice about four minutes before impact."

This can't be happening! I thought in panic. But I forced myself to calm down. I knew I had to stay in control or I would get hysterical. "It's going to be okay, it's going to be okay," I kept saying to myself over and over. Devon was very quiet, and every once in a while I'd lean over and hold her hand.

The flight attendants instructed us to pull the safety procedures from our seat pockets and review them. Then they demonstrated the brace procedure for landing. We were to bend down and put our heads between our knees and hold onto our ankles.

I turned to Devon. "Do you understand that when we hit the ground it's going to be very rough?" I asked. "We need to stay down no matter what."

"I understand," she replied.

"Devon, listen to Ruth," Debbie said. "I love you, honey."

All around me people were hugging their family members. I felt so empty because I had no loved one to hold onto. Then I thought, Thank God I don't have anybody here with me!

Because I'm an expressive person, I was confident that Roy and my family knew how much I loved them. If anything did happen, at least I wouldn't have any regrets about that. But I'm only twenty-seven years old, I thought despairingly. I want to get married!

I began bargaining with God. If I live, I'll try to be a better person, I vowed. I focused on the future and the things I'd do once I got off the plane.

"Four minutes," the captain warned over the loudspeaker. "Get into the brace position."

We got down as instructed, and I kept an eye on Devon. I *don't* want to do this! I thought frantically. I prayed harder than I'd ever prayed before. Please, God, I pleaded, let us make it.

"Brace, brace, brace!" shouted the voice over the intercom. Suddenly, the plane slammed into the ground, and then bounced and slid to the right. A second later, it flipped over, and the section in front of us burst into flames. "Oh, God, I'm going to die; I'm going to burn!" I cried.

The plane skidded violently and then stopped. We were hanging upside down, held by our seat belts. There was thick black smoke everywhere, and I could feel intense heat from the fire. We're still alive! I thought in amazement.

(continued)



(continued) Quickly, I pulled off my seat belt and dropped to what had been the ceiling, landing on my head. I reached up and unlatched Devon's seat belt, but because I was in shock, I didn't realize that I would need to catch her. She fell to the ceiling just as I had.

But she didn't cry or say a word. I picked her up and carried her to where I thought the emergency exit was. Then somebody yelled at me, "Go this way!" so I headed toward the back of the plane. As I stumbled through the rubble and wires on the floor, I lost the sandals I'd been wearing. I could barely see through the smoke, but I could hear people shouting, "Get away; it's going to blow!"

I could see a light ahead and ran toward it. Suddenly I was standing in a cornfield. The stalks were about six feet tall, and it was so disorienting, I didn't know which way to go. I spotted a woman in a bright pink shirt moving through the corn.

As the plane headed downward, I prayed harder than I'd ever prayed before. Please, God, I pleaded, let us make it.

As I was running to catch up to her, Devon said, "Ruth?" Neither of us had spoken since the crash, and I was so surprised to suddenly hear her voice that I practically jumped. "What? What?" I asked. "Are you okay?"

"That landing was a lot rougher than I thought it was going to be!" Devon said.

"It was a lot rougher than I thought it would be, too!" I replied.

We finally reached the lady in the pink shirt. When she saw I was carrying Devon, she said to her husband, "Honey, take the child."

But I wouldn't let him. I can't let go of her, I thought. It felt so good to hold onto someone.

It was at that moment that I made a horrifying realization—I had no idea what had happened to Debbie and Ryan. I didn't want Devon to get upset, so I turned to the lady and spelled out, "I don't know where her M-O-M-M-Y is!"

The woman and I stared at each other. Then her husband said, "There's a tree over there, and there may be a road. Let's go that way."

We headed toward the tree, and as we got closer, we saw a group of people already there.

"Ruth! Devon!" Debbie yelled. She ran over to us, tears streaming down her face, and grabbed Devon out of my arms. I was so relieved that I started to cry, too.

People kept coming out of the cornfield, and I recognized the passengers who had been sitting near us. Miraculously, no one seemed seriously hurt. I had a bump on my head and a few black-and-blue marks. Debbie, Ryan and Devon also had only minor injuries.

We all stood there trying to figure out exactly what had happened to the plane. The section we'd been in was still burning, but it didn't blow up. "There's part of it over there, too," somebody said, and in the distance we could make out another chunk of the aircraft. We found out later that debris from the wreckage was spread over an estimated three quarters of a mile.

About ten minutes later, a National Guard truck drove up. The Guardsmen explained that they were on their way to another section of the plane, where the passengers had been gravely injured. They would send a bus back to get us.

When the bus arrived, we couldn't all fit at once, so families and people requiring medical attention went first. Debbie got on with the kids, but I decided to wait, since I didn't need first aid.

About a half hour later the bus returned, and we all got on. "Be careful," I beseeched the driver.

We drove onto the tarmac and saw what was left of the front section of the plane. Rubble, suitcases and clothing were strewn as far as the eye could see, and ambulances and rescue workers were everywhere. I stared in shock and disbelief as I realized that many people must have died. (Later it was determined that 112 people had lost their lives, and 184 had survived.)

More than anything else at that moment, I wanted to talk to Roy and my parents. Fortunately, I hadn't told anybody what flight I was on. But I did want to reach my mother and father before they left for Newark Airport. We were put on another bus and taken to a nearby National Guard building where we could use the phones.

I dialed my parents' number, but there was no answer. Then I tried Roy. When I heard his voice, my composure crumbled. "I was in a plane crash!" I told him, sobbing, "and I lost my shoes!"

"Are you all right?" Roy cried.

"I'm fine," I said, still weeping.

I was so incoherent that we spoke for only a few minutes. I'd call him back later, once I had calmed down.

After I hung up, I was directed to a room where the other passengers were gathered, and I found Debbie and the children. Members of the Red Cross, Army Reserve and National Guard came around and talked to each of us, making sure we were all right. About an hour later, they took us to Marian Medical Center, in Sioux City, where each of us was examined by a doctor.

Then we sat in the waiting room for what seemed like forever. No one from United had contacted us, so we had no idea what was going on.

I called Roy back and was relieved to hear that he had managed to get in touch with my parents. They were flying out to Denver right away. Roy would arrive in Sioux City the next day to pick me up, and we'd rent a car and drive to Denver to meet my parents. Although it would be a ten-hour trip, neither of us suggested flying instead. I knew that there was no way I could get on a plane yet. I would certainly fly again—I love to travel too much not to—but I would need some time to prepare myself for it.

Finally, at about nine-thirty P.M., a United representative walked into the medical-center waiting room. "If anybody wants to go home tonight, we'll try to have a plane ready," she told us. "If not, we'll make lodging arrangements for you." She explained that they would be sending most people who wanted to stay overnight to nearby Briar Cliff College.

Debbie and I talked it over and decided to go to the college. (Debbie's husband was also arriving the next day to pick them up.) We had nothing except the clothes on our backs, so the staff at Briar Cliff passed out little bags containing toiletries and gave us hospital scrubs *(continued)*

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leep in. They also offered to get us clothing we might need for the next —or in my case, a pair of shoes.

couldn't sleep, so I went into the nge, where the TV was on. There, the first time, I saw news footage of crash. As I watched the plane tum- to the ground into a ball of fire and rd the reporter say that at least hundred people had died, I couldn't eve it. It seemed impossible that I ld walk away from an accident so ere.

Vhen I finally went back to my m room, all I really wanted to do go home. I had a bad headache, tly from the stress and partly from nping my head in the plane. I tried leep, but every time I shut my eyes, w the crash.

or me, the next morning was the st difficult part of the whole ordeal. families of the passengers who died had started to arrive, and it so sad I could hardly stand it. I felt tremendous sense of grief and loss. oy phoned to say that his plane uld be arriving at two o'clock. I de- ed to take one of the buses United provided to shuttle passengers and et him at the airport.

Vhen I was ready to leave, I couldn't Debbie and Ryan, but I did say d-bye to Devon. I hugged her and her I'd see her again soon.

was waiting at the gate when Roy's ne got in. We cried as we clung to h other for a long, long time.

Vhen we got into the car, I col- sed. I was completely exhausted, every muscle in my body ached.

Ve reached Denver at about mid- ht and checked into the hotel where parents were staying. We went up- rs to their room, and all four of us ht a long time hugging and crying. he next few days were very emo- al. One moment I'd feel a sense of horia at being alive, and the next ute I'd break down and start sob- g. Friday was the hardest of all, use we decided to go shopping for wedding dress. I made Roy come us because I didn't want to let out of my sight. But every time I d on a dress—or even thought ut the wedding—I'd cry.

y Saturday I was so exhausted the emotional ups and downs that st wanted to go home. "Let's fly," I to Roy. I'd had enough of driving ng the ride from Sioux City. And I w I was going to have to get on a e again. The sooner I do it, I ght, the easier it will be.

ut it was anything but easy. The ds and the feelings of flight 232 were still too fresh in my mind, and the plane ride home to Grand Junction was very turbulent. I kept squeezing Roy's arm. I even screamed twice, he told me, although I don't remember doing *that*!

Since then, because I still have trouble sleeping and I cry frequently, I've been seeing a psychiatrist who specializes in post-traumatic stress disorder. Talking to him has helped a lot.

Everyone in town has also been caring and supportive. When I got home, there was a big Welcome Back sign on my house. I received dozens of cards from people all over the country and drawings from the children that I work with in speech therapy. Flowers filled my living room—even my dentist sent me a dozen long-stemmed roses!

I try to stay positive, but there are times when I get angry about what happened. I don't think any person should have to go through such a horrible experience. I know that some of the other passengers are bringing lawsuits against United, but I'm not ready to talk about whether I'll do that. I want to hear what the Federal Aviation Administration discovers in terms of who is liable.

Although I will continue to fly, I do worry more about safety now. One thing I am thankful for is that such an experienced pilot as Captain Haynes—a thirty-three-year veteran—was at the controls of flight 232 that day. He was honest, he was calm, and you could tell that the crew respected and trusted him. He'll always be my hero!

Since the accident, Debbie and the kids and I have stayed in touch. We call each other if we read or hear something about the crash on TV, and we talk about all the emotions we're experiencing. I feel especially close to Devon—I bought her a present for her sixth birthday not long ago, and I invited her and her family to my wedding. (I'm happy to say that we all had a wonderful time. The wedding came off exactly as planned, and practically every guest we invited, one hundred forty in all, attended.) I even had a picture taken of Devon and me. She will always have a very special place in my heart.

What binds us together is not the fact that I rescued her, for I don't consider myself a heroine; I only did what anybody else would have done. Instead, it's that Devon and I gave each other comfort and strength. I remember that, as I ran through that cornfield, not knowing where I was going, I felt this overwhelming sense of fear. And then I felt Devon's arms around my neck, and I thought, You can't be scared, look at what you just did! I know now that after doing that, I can do anything. ■

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ESTRADERM®

ESTRADIOL TRANSDERMAL SYSTEM

available in 0.05 mg. and 0.1 mg. strengths.

For brief summary information on Estraderm, see next page.

ESTRADERM®

estradiol transdermal system

Continuous delivery for twice-weekly application.
BRIEF SUMMARY OF PRESCRIBING INFORMATION.
PLEASE SEE FULL PRESCRIBING INFORMATION.

ESTROGENS HAVE BEEN REPORTED TO INCREASE THE RISK OF ENDOMETRIAL CARCINOMA.

Three independent case control studies have reported an increased risk of endometrial cancer in postmenopausal women exposed to exogenous estrogens for more than 1 year. This risk was independent of the other known risk factors for endometrial cancer. These studies are further supported by the finding that incidence rates of endometrial cancer have increased sharply since 1969 in eight different areas of the United States with population-based cancer-reporting systems, an increase which may be related to the rapidly expanding use of estrogens during the last decade.

The three case control studies reported that the risk of endometrial cancer in estrogen users was about 4.5-13.9 times greater than in nonusers. The risk appears to depend both on duration of treatment and on estrogen dose. In view of these findings, when estrogens are used for the treatment of menopausal symptoms, the lowest dose that will control symptoms should be utilized and medication should be discontinued as soon as possible. When prolonged treatment is medically indicated, the patient should be reassessed on at least a semiannual basis to determine the need for continued therapy. Although the evidence must be considered preliminary, one study suggests that cyclic administration of low doses of estrogen may carry less risk than continuous administration; it therefore appears prudent to utilize such a regimen.

Close clinical surveillance of all women taking estrogens is important. In all cases of undiagnosed persistent or recurring abnormal vaginal bleeding, adequate diagnostic measures should be undertaken to rule out malignancy.

There is no evidence at present that "natural" estrogens are more or less hazardous than "synthetic" estrogens at equiestrogenic doses.

ESTROGENS SHOULD NOT BE USED DURING PREGNANCY.

The use of female sex hormones, both estrogens and progestogens, during early pregnancy may seriously damage the offspring. It has been shown that women who had been exposed *in utero* to diethylstilbestrol, a nonsteroidal estrogen, have an increased risk of developing in later life a form of vaginal or cervical cancer that is ordinarily extremely rare. This risk has been estimated as not greater than 4 per 1000 exposures. Furthermore, a high percentage of such exposed women (30-90%) have been found to have vaginal adenosis, epithelial changes of the vagina and cervix. Although these changes are histologically benign, it is not known whether they are precursors of malignancy. Although similar data on the use of other estrogens are not available, it cannot be presumed they would not induce similar changes.

Several reports suggest an association between intrauterine exposure to female sex hormones and congenital anomalies, including congenital heart defects and limb-reduction defects. One case control study estimated a 4.7-fold increased risk of limb-reduction defects in infants who had been exposed *in utero* to sex hormones (oral contraceptives, hormone withdrawal tests for pregnancy, or attempted treatment for threatened abortion). Some of these exposures were very short and involved only a few days of treatment. The data suggest that the risk of limb-reduction defects in exposed fetuses is somewhat less than 1 per 1000.

In the past, female sex hormones have been used during pregnancy in an attempt to treat threatened or habitual abortion. There is considerable evidence that estrogens are ineffective for these indications, and there is no evidence from well-controlled studies that progestogens are effective for these uses.

If Estraderm is used during pregnancy, or if the patient becomes pregnant while taking this drug, she should be apprised of the potential risks to the fetus and of the advisability of continuation of the pregnancy.

INDICATIONS AND USAGE

Estraderm is indicated for the treatment of the following: moderate-to-severe vasomotor symptoms associated with menopause; female hypogonadism; female castration; primary ovarian failure; and atrophic conditions caused by deficient endogenous estrogen production, such as atrophic vaginitis and kraurosis vulvae.

CONTRAINDICATIONS

Estrogens should not be used in women or men with any of the following conditions:

1. known or suspected cancer of the breast;
2. known or suspected estrogen-dependent neoplasia;
3. known or suspected pregnancy (see Boxed Warning);
4. undiagnosed abnormal genital bleeding;
5. active thrombophlebitis or thromboembolic disorders;
6. history of thrombophlebitis, thrombosis, or thromboembolic disorders associated with previous estrogen use.

WARNINGS

1. *Induction of Malignant Neoplasms.* Long-term continuous administration of natural and synthetic estrogens in certain animal species increases the frequency of carcinomas of the breast, cervix, vagina, and liver. There are now reports that estrogens increase the risk of carcinoma of the endometrium in humans. (See Boxed Warning.)

At the present time, there is no satisfactory evidence that estrogens given to postmenopausal women increase the risk of breast cancer, although a recent long-term follow up of a single physician's practice has raised this possibility. Because of the animal data, there is a need for caution in prescribing estrogens for women with a strong family history of breast cancer or who have breast nodules, fibrocystic disease, or abnormal mammograms.

2. *Gallbladder Disease.* A recent study has reported a two- to threefold increase in the risk of surgically confirmed gallbladder disease in postmenopausal women receiving oral estrogens, similar to the twofold increase previously noted in users of oral contraceptives.

3. *Effects Similar to Those Caused by Estrogen-Progestogen Oral Contraceptives.* There are several serious adverse effects of oral contraceptives and other high-dose oral estrogen treatments, most of which have not, up to now, been documented as consequences of postmenopausal estrogen replacement therapy. This may reflect the comparatively low doses of estrogen used in postmenopausal women.

a. *Thromboembolic Disease.* It is now well established that users of oral contraceptives have an increased risk of various thromboembolic and thrombotic vascular diseases, such as thrombophlebitis, pulmonary embolism, stroke, and myocardial infarction. Cases of retinal thrombosis, mesenteric thrombosis, and optic neuritis have been reported in oral contraceptive users. There is evidence that the risk of several of these adverse reactions is related to the dose of the drug. An increased risk of postsurgery thromboembolic complications has also been reported in users of oral contraceptives. If feasible, estrogen should be discontinued at least 4 weeks before surgery of the type associated with an increased risk of thromboembolism, or during periods of prolonged immobilization.

While an increased rate of thromboembolic and thrombotic disease in postmenopausal users of estrogens has not been found, this does not rule out the possibility that such an increase may be present or that subgroups of women who have underlying risk factors or who are receiving relatively large doses of estrogens may have increased risk. Therefore, estrogens should not be used in persons with active thrombophlebitis or thromboembolic disorders, and they should not be used in persons with a history of such disorders in association with estrogen use. They should be used with caution in patients with cerebral vascular or coronary artery disease and only for those in whom estrogens are clearly needed.

Large doses of estrogen (5 mg conjugated estrogens per day), comparable to those used to treat cancer of the prostate and breast, have been shown in a large prospective clinical trial in men to increase the risk of nonfatal myocardial infarction, pulmonary embolism, and thrombophlebitis. When estrogen doses of this size are used, any of the thromboembolic and thrombotic adverse effects associated with oral contraceptive use should be considered a clear risk..

b. *Hepatic Adenoma.* Benign hepatic adenomas have been associated with the use of oral contraceptives. Although benign and rare, these tumors may rupture and cause death from intra-abdominal hemorrhage. Such lesions have not yet been reported in association with other estrogen or progestogen preparations, but they should be considered if abdominal pain and tenderness, abdominal mass, or hypovolemic shock occurs in patients receiving estrogen. Hepatocellular carcinoma has also been reported in women taking estrogen-containing oral contraceptives. The causal relationship of this malignancy to these drugs is not known.

c. *Elevated Blood Pressure.* Women using oral contraceptives sometimes experience increased blood pressure which, in most cases, returns to normal upon discontinuing the drug. There is now a report that this may occur with use of oral estrogens in the menopause and blood pressure should be monitored with estrogen use, especially if high doses are used. Ethinyl estradiol and conjugated estrogens have been shown to increase renin substrate. In contrast to these oral estrogens, transdermally administered estradiol does not affect renin substrate.

d. *Glucose Tolerance.* A worsening of glucose tolerance has been observed in a significant percentage of patients on estrogen-containing oral contraceptives. For this reason, diabetic patients should be carefully observed while receiving estrogen.

4. *Hypercalcemia.* Administration of high doses of estrogens may lead to severe hypercalcemia in patients with breast cancer and bone metastases. If hypercalcemia occurs, use of the drug should be stopped and appropriate measures should be taken to reduce the serum calcium level.

PRECAUTIONS

General

1. A complete medical and family history should be taken before initiation of any estrogen therapy. The pretreatment and periodic physical examinations should include special reference to blood pressure, breasts, abdomen, and pelvic organs, as well as a cervical Papanicolaou test. As a general rule, estrogen should not be prescribed for longer than 1 year without another physical examination being performed.

2. Because estrogens may cause some degree of fluid retention, careful observation is required when conditions that might be influenced by this factor are present (e.g., asthma, epilepsy, migraine, and cardiac or renal dysfunction).

3. Certain patients may develop undesirable manifestations of excessive estrogenic stimulation, such as uterine bleeding, mastodynia, etc.

4. Prolonged administration of unopposed estrogen therapy has been reported to increase the risk of endometrial hyperplasia in some patients. Estrogens should be used with caution in patients who have or have had endometriosis.

5. Studies of the addition of a progestin for 7 or more days of a cycle of estrogen administration have reported a lowered incidence of endometrial hyperplasia. Morphological and biochemical studies of endometrium suggest that 12 to 13 days of progestin are needed to provide maximal maturation of the endometrium and to eliminate any hyperplastic changes. Whether this will provide protection from endometrial carcinoma has not been clearly established. There are possible additional risks that may be associated with the inclusion of progestin in estrogen replacement regimens. The potential risks include adverse effects on carbohydrate and lipid metabolism. The choice of progestin and dosage may be important in minimizing these adverse effects.

6. Oral contraceptives appear to be associated with an increased incidence of mental depression. Although it is not clear whether this is due to the estrogenic or progestogenic component of the contraceptive, patients with a history of depression should be carefully observed.

7. Preexisting uterine leiomyomata may increase in size during prolonged estrogen use. If this occurs, estrogen therapy should be discontinued while the cause is investigated.

8. In patients with a history of jaundice during pregnancy, there is an increased risk that jaundice will recur with the use of estrogen-containing oral contraceptives. If jaundice develops in any patient receiving estrogen, the medication should be discontinued while the cause is investigated.

9. Estrogens may be poorly metabolized in patients with impaired liver function and should be administered with caution in such patients.

10. Because the prolonged use of estrogens influences the metabolism of calcium and phosphorus, estrogens should be used with caution in patients with metabolic bone disease associated with hypercalcemia and in patients with renal insufficiency.

Information for Patients

See Patient Package Insert.

Drug/Laboratory Test Interactions

The results of certain endocrine and liver function tests may be affected by estrogen-containing oral contraceptives. The following changes have been observed with large doses of estrogen:

1. increased sulfobromophthalein retention;
2. increased prothrombin time; increased factors VII, VIII, IX, and X; decreased antithrombin 3; increased norepinephrine-induced platelet aggregability;
3. increased thyroxine-binding globulin (TBG), leading to increased circulating total thyroid hormone (T_4) as measured by column or radioimmunoassay; free T_3 resin uptake is decreased, reflecting the elevated TBG; free T_4 concentration is unaltered; TBG was not affected in clinical studies with Estraderm;
4. reduced response to the metyrapone test;
5. reduced serum folate concentration;
6. increased serum triglyceride and phospholipid concentration, and decreased pregnanediol excretion.

The pathologist should be informed that the patient is receiving estrogen therapy when relevant specimens are submitted.

Carcinogenesis, Mutagenesis, Impairment of Fertility

See WARNINGS and Boxed Warning.

Long-term continuous administration of natural and synthetic estrogens in certain animal species increases the frequency of carcinomas of the breast, cervix, vagina, and liver.

Pregnancy Category X

See CONTRAINDICATIONS and Boxed Warning.

Estrogens should not be used during pregnancy.

Nursing Mothers

As a general principle, the administration of any drug to nursing mothers should be done only when clearly necessary, since many drugs are excreted in human milk.

ADVERSE REACTIONS

See WARNINGS and Boxed Warning regarding potentially adverse effects on the fetus, induction of malignant neoplasms, increased incidence of gallbladder disease, and adverse effects similar to those of oral contraceptives, including thromboembolism.

The most commonly reported adverse reaction to Estraderm in clinical trials was redness and irritation at the application site. This occurred in about 17% of the women treated and in approximately 2% to discontinue therapy. Reports of rash have been rare.

The following additional adverse reactions have been reported with estrogenic therapy, including oral contraceptives:

Genitourinary System: Breakthrough bleeding, spotting; change in menstrual flow; increase in size of uterine fibromata; change in cervical erosion and amount of cervical secretion.

Endocrine: Breast tenderness, breast enlargement.

Gastrointestinal: Nausea, vomiting; abdominal cramps, bloating; cholestatic jaundice have been observed with estrogen therapy.

Eyes: Steepening of corneal curvature; intolerance to contact lenses.

Central Nervous System: Headache, migraine, dizziness.

Miscellaneous: Change in weight, edema, change in libido.

HOW SUPPLIED

Estraderm 0.05 (estradiol transdermal system) — each system contains 4 mg of estradiol USP for nominal delivery of 0.05 mg of estradiol per day

Patient Calendar Pack of 8 Systems	NDC 0083
Carton of 6 Patient Calendar Packs of 8 Systems	NDC 0083
Carton of 1 Patient Calendar Pack of 24 Systems	NDC 0083

Estraderm 0.1 (estradiol transdermal system) — each system contains 8 mg of estradiol USP for nominal delivery of 0.1 mg of estradiol per day

Patient Calendar Pack of 8 Systems	NDC 0083
Carton of 6 Patient Calendar Packs of 8 Systems	NDC 0083
Carton of 1 Patient Calendar Pack of 24 Systems	NDC 0083

*See DESCRIPTION.

Do not store above 86°F (30°C).

Do not store unpouched. Apply immediately upon removal from the protective pouch.

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CIBA

CIBA Pharmaceutical Company
Division of CIBA-GEIGY Corporation
Summit, New Jersey 07901

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Photo credits, page 270

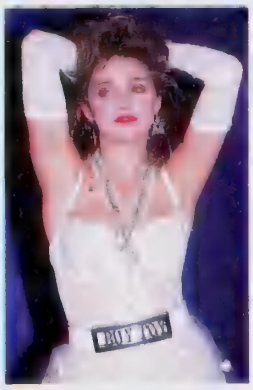
The ups and downs of eighties star style, plus designer forecasts for the nineties

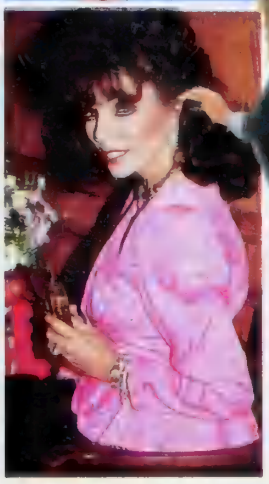
















Celebrity HITS and misses

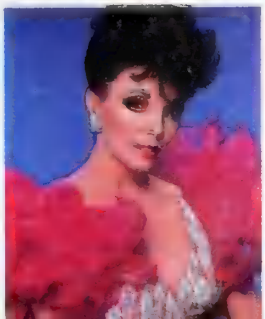
Over the past decade, style-conscious celebs have looked overdone, underdressed, trendy and drop-dead gorgeous. Here, a look back at the best and worst of what they wore













Celebs tend to be major trendsetters, but sometimes they offer a lesson in what *not* to wear. Whose style did we love? Candice Bergen as the sophisticated working girl Murphy Brown, Nancy Reagan's array of always-right red suits, Tina Turner's minis, which proved being over forty *is* sexy. The wanna-bes copied Madonna's look, but only *she* could carry it off. Other celebs alternated between looking marvelous and missing the mark. Fergie looked best-dressed in elegant but simple gowns, awfully unroyal in flashy knee-length dresses. Di didn't make mistakes often, except for those military jackets and silly hats. Joan Collins was prettiest when she toned down the Dynasty excess. Cher's costumes were barely there—we like her understated sexy look better. As for that ripped-sweatshirt look—it was just a flash-dance in the pan. ▶

Tohru Nakamura

What's everyone's fitness priority now and in the nineties? A flat, toned tummy. We asked L.A.-based fitness trainer Dan Isaacson, who's helped sleeken stars like Jane Fonda, for the best abdominal exercises. Do all three daily for a magnificent midriff!

The optimal ABDOMINAL workout



diagonal crunch

Begin with standard crunch starting position, hands on tops of thighs. Pressing lower back into floor, reach both hands past outside of right knee, hold for one count and slowly lower to floor. Now reach both hands past outside of left knee, hold for one count and slowly lower. Do three sets of ten, alternating sides.

standard crunch

Lie on back with knees bent, feet flat on floor, shoulder-width apart. Press lower back to floor. Place fingertips on shoulders. Bring chin closer to chest. Squeeze abdominals, bringing shoulders off the floor to comfortable tension. Hold one count; slowly relax down. Do three sets of ten. TIP: Increasing the number of repetitions will not work your abdominals harder, increasing your resistance will. If this exercise is too easy, try it with hands clasped behind head. Do three sets of ten.

reverse curls

Begin with standard crunch starting position, placing fingertips behind head. Press lower back into floor, and raise legs to 90-degree angles at hip and knee. While holding this position, simultaneously raise shoulders slightly and lift knees slightly toward ceiling. Fully contract abdominals, hold for one count and relax slowly down to floor. Do three sets of ten.

'90s beauty wish list

WE ASKED THOSE IN THE KNOW (AS WELL AS LHJ'S WISHFUL-THINKING EDITORS) FOR THE BEAUTY BREAKTHROUGHS WE HOPE WILL COME TRUE IN THE 90s

1. Lipstick that stays on through absolutely *everything*—eating, drinking, kissing—and will come off only with a special remover
2. Foundation that automatically adjusts to your skin tone
3. Cordless, noiseless hairdryers that have built-in diffusers for curly hair/perms
4. Shampoos that accelerate hair growth—no more waiting out bad haircuts!
5. Sunscreens that subtly change color to indicate that you're getting too much sun
6. Fragrance that lasts twenty-four hours—you merely moisten to reinvigorate
7. A product that promotes brow and eyelash thickness
8. A pre-acne treatment for children—a person's propensity toward developing acne will be detected and prevented *before* blemishes arrive
9. A greaseless, portable makeup stick that erases smudges and mistakes in a snap, leaving skin prepped for reapplication

Are you using the facial cleanser rated #1 out of 36 tested by a leading consumer magazine?

(Or are you using one of the runners-up?)



FORECAST—

WHAT STYLES WILL BE HOT IN THE NINETIES? AMERICA'S FOREMOST FASHION DESIGNERS SHARE THEIR PREDICTIONS



I predict a lot more color for the nineties as well as more stretch fabrics, like silk - and - Lycra blends, for comfort. Women will be more independent—not restricted by fashion trends. They'll adopt a casual style, a wardrobe of easy shapes they've always depended on."

Marc Jacobs for Perry Ellis

Fashion for the nineties woman will be determined by two absolute necessities: lots of options and ease of dressing. Infinitely more secure and assertive, the nineties woman will no longer be dictated to by trends or conventional images. Her wardrobe will start with the body—the modern, sleek unitard—as the basis for everything, to which she will add pieces and accessories that suit her individuality. Fabrics will be seasonless, and accessories will add color while the basic pieces remain neutral. Look forward to clothes that work *all* the time."

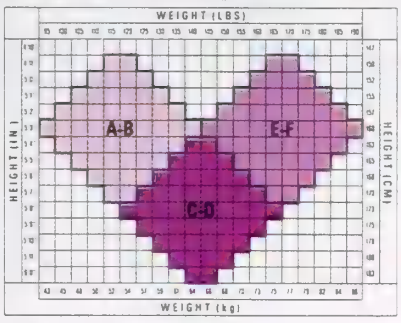
Donna Karan

Illustrations, David Croland



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Illustrations, David Croland

"Clothing in the forthcoming decade will be feminine but with modern, streamlined shapes—for example, a fluid tunic top over a slim skirt. Color and texture will make an outfit appear new. There will be a lot of mixing of colors, less black in a woman's working wardrobe."

Louis Dell'Olio for Anne Klein



BEST '80s ACCESSORIES THAT WILL WORK IN THE '90s

A great black leather belt that makes your middle look little, matte black sunglasses that camouflage sleepless eyes and make you feel like a movie star (they're not just for summer anymore!), black opaque hose to lengthen and slim legs and make your short skirts more comfortable to wear, hoop earrings in any size you choose, fake pearls—they lend class to everything from sweaters to blazers, and ultra-comfortable low pumps and flats that play perfectly with skirts, trousers and winter walking shorts.

"For the early part of the 1990s I feel the mood of women's ready-to-wear will be one of quiet sophistication, and the silhouettes will continue to be more tailored. Accessories such as wonderful scarves, belts and jewelry will be an important part of dressing; they'll personalize a new ensemble or update an old favorite."

Adrienne Vittadini

Selected styles contain DuPont Lycra® spandex.



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Photo credits, page 270.

Wedding vows were voguish in the eighties. The demure Diana would be the first headliner to march down the aisle.



Last Look

Okay, send in the nineties. But first, let's give the excessive eighties a proper send-off. By Joanne Kaufman

Social events











On July 29, 1981, countless American alarm clocks were set for the ungodly hour of five-thirty A.M. so countless American women could rise, shine and attend via satellite a certain fairy-tale wedding between a bachelor prince and a shy Sloane Ranger. **Princess Diana** subsequently did her duty with dispatch; she and **Charles** produced an heir (William) and a spare (Harry) and introduced randy Prince **Andy** to *his* future wife, **Sarah Ferguson**. On July 23, 1986, Americans once again set those alarms to watch Fergie become the Duchess of York—and to bemoan the lack of nuptial pomp in the colonies. Royalists had to settle for very posed pictures from the very private wedding of America's closest approximation of a princess, when **Caroline Kennedy** said "I do" to **Edwin Schlossberg** in Hyannis Port. Then came the birthdays; last year, barely a month apart, Caroline had Rose, and Fergie had baby Beatrice.

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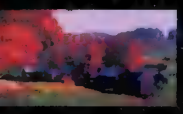


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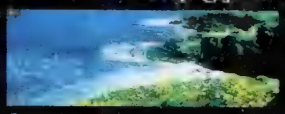
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Blazing Sky–L02



Butterfly–L03



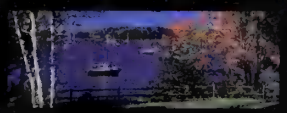
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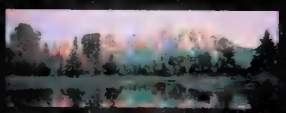
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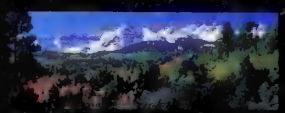
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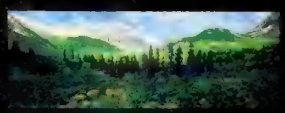
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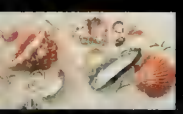
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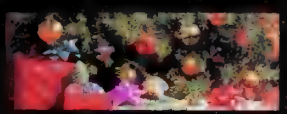
Mountain Autumn–L12



Mountain Summer–L13



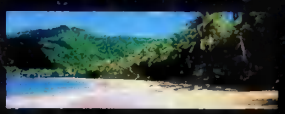
L14



Season's Greetings–L15



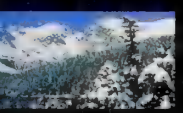
Springtime–L17



Sunny Beach–L19



Crashing Surf–L20



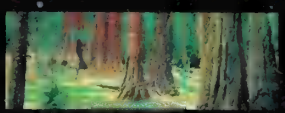
inter–L24



Puppies–L26



Playful Pets–L27



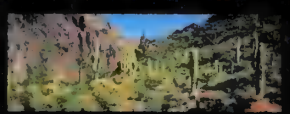
Redwood Forest–L29



Morning Mist–L30



dge–L38



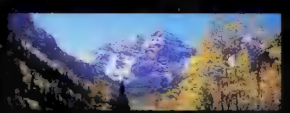
Cactus–L39



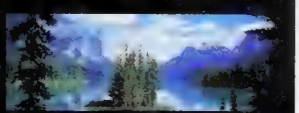
Lighthouse–L40



57



Maroon Bells–L59



Mountain Majesty–L60



2



Bunnies–A04



Wise Men–A05



A06



Love–A07



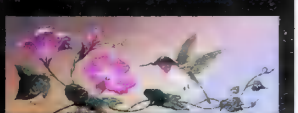
Bookshelf–A08



–A11



Dove–B03



Ruby-throated–B15



322



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M56



Glitz and greed

Maybe it was our way of commemorating the bicentennial of the French Revolution, but seldom have so many of the wretched—legions of homeless begging for spare change on street corners—co-existed so closely with so much wretched excess. Witness flashy New Yorker **Leona Helmsley**, hotel queen-cum-tax cheat. Or **Malcolm Forbes**, the party-boy publisher, who threw himself a $2 million birthday bash in Tangier. Or billionaire Donald Trump's wife, **Ivana**, who kept closetfuls of pricey Christian Lacroix dresses until their chic went pouf in the night. Wall Street's big bull market suddenly went poof, too, and Yuppies bid R.I.P. to their BMWs.



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True confessions

The Betty Ford clinic became as stellar a hangout as Spago during the addicted eighties. **Elizabeth Taylor** admitted to a drug problem and checked in. **Liza Minnelli** signed up, saying she, too, needed help. Elsewhere, Drew Barrymore confided her child-sized substance abuse. **Tammy Faye Bakker**, wife of P.T.L. televangelist and scandalist **Jim Bakker**, didn't need to tell us she was hooked on mascara, but she also revealed her dependence on prescription drugs. **Fawn Hall**, **Jessica Hahn** and **Donna Rice**, meanwhile, had a few blue confessions of their own. Fawn told a congressional committee she had typed fake memos and shredded documents for her shiny-medaled mentor, **Ollie North**. To Tammy Faye's dismay, Jessica claimed she'd been forced to have sex with her boss Jim Bakker. While Gary Hart wanted to keep *Monkey Business* his business, Donna said she made no excuses for the boat ride to Bimini that torpedoed his 1988 campaign for the presidency.

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World events





The White House didn't quite become a woman's place, although Democrat **Geraldine Ferraro** did make history when she ran for the vice-presidency, becoming the first female ever to appear on a major-party presidential ticket. Elsewhere, stateswomen flourished. In the Philippines, **Cory Aquino** and her people's-power movement gave the boot to **Ferdinand Marcos** and that celebrated shoe's who, **Imelda**. Pakistan's **Benazir Bhutto** followed in her father's footsteps, winning election as the country's prime minister. She is the first female leader of a Moslem country. And a grocer's daughter, **Margaret Thatcher,** won her third election, consolidating her grip on Great Britain. She has ruled her country longer than any prime minister in this century.

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DECADE OF DECISIONS

what's next for women?





Scenes from a forward-looking day: actress Jill Eikenberry, who received a Woman of the Nineties award from *LHJ*; the audience hears the informed viewpoints of enthusiastic panelists

For one fascinating, thought-provoking, funny and inspiring day last spring, *LHJ* looked to the future—your future. What trends await women in the nineties? we asked. What will be happening in the workplace, within our families, to our health? To find some answers, we held an all-day forum in New York City, co-sponsored by General Motors Parts (who have certainly helped put women in the driver's seat). We brainstormed with the best: accomplished women in business, media, medicine, academia and the arts. We listened to the top newswoman in television, a Pulitzer Prize–winning playwright, and a star of one of the most acclaimed programs on TV. On the pages that follow, we share their predictions.

Predicting our lives

The question was simple yet challenging: What's the big picture for women in the nineties? Below is an excerpt from the lively and provocative discussion that followed

THE PANELISTS

MODERATOR
Myrna Blyth,
Editor-in-Chief and publishing director of *Ladies' Home Journal*
Sally Jessy Raphael,
nationally syndicated television and radio talk-show host
Janet Schneider,
senior vice-president of the Roper Organization, the public-opinion research firm
Pepper Schwartz, Ph.D.,
professor of sociology at the University of Washington, writer, and a leading authority on family and gender issues
Muriel Siebert,
president of her own investment firm and the first woman to own a seat on the New York Stock Exchange
Wendy Wasserstein,
winner of the 1989 Pulitzer Prize for the play *The Heidi Chronicles*



BLYTH: Let me ask you first, ladies, what do you think will be the most significant trend in the nineties affecting women?

SCHWARTZ: Well, I'd say women are going to learn how to be providers. I don't mean *workers;* we're already workers. The difference is taking responsibility not only for your economic present, but for your future. That's a big change. Up to this point, women have been expected to be contributors and helpmates. But relationships and marriage are not predictable anymore, so women are starting to pick careers and think about money, lifestyle, location, how many children to have—everything from A to Z in terms of what they alone can support.

SCHNEIDER: I also believe women are becoming more pragmatic than they have been. They're recognizing that they cannot be all things to all people. At Roper we talk to women a lot, and they're saying "I'm going to do now what is possible, I can't be 'super' anymore."

BLYTH: That's a very positive thing. Once and for all let's stop trying to be Superwomen. Yet at the same time, do you think when women realize they can't do all things they'll just want to go home again?

RAPHAEL: That's a retreat into nonreality. I call it selling lace and not the cotton.

BLYTH: But do women want that? We tend to romanticize a lifestyle most of us no longer have. And nowadays we tend to romanticize the joys of staying home.

RAPHAEL: Doesn't everyone want to go to Disneyland? Everyone would love to escape, but is it going to do them any good?

SIEBERT: Well, this is the thing. As the country has gone from a manufacturing economy to a service economy, the two-paycheck household has become a necessity. Economic change encouraged women that they could do more than just take a job on a minimum level. In other words, when your paycheck is necessary, your job becomes respected. And a wife is encouraged by her husband to do better.

BLYTH: Once young women cared about their boyfriends' careers, but they didn't expect the men to care about theirs. Today my twenty-two-year-old son is very concerned about what his girlfriend is going to do. This may not be true of every young man, but many more than before. What do you think, Sally?

RAPHAEL: Well, I'm not hearing many young men saying, "I want to know what you do." I'm hearing young men who are very traditional. I'm trying to be polite, now, but to be honest they want to know what your buns look like. And I'm not hearing many women saying "I want to be a provider." I still think most women work because they have to—and it's usually a job, not a career, that will bring in X amount of dollars until the right guy comes along or something else. I hate to be the bearer of bad news, but this is what I'm hearing.

BLYTH: Is it possible that we are both right to some extent?

SCHWARTZ: Yes, because I think we're talking about increments of change. Does the world still have an enormous number of traditional women who have traditional men? Absolutely. Are there fewer of those women and men than there were before? Absolutely. But when I think about what I hope will happen in the next decade, I think about options—women being able to design themselves any way they like within the boundaries of their good luck.

SCHNEIDER: I agree. I think that most women are feeling enormously pressured. They do want to be home more, and so I think that in the nineties we'll see much, much more work at home. With the computer and the modem you will find women being able to take control of their time, being a little more pragmatic and saying, "I can't do it all, but if you

(continued)



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(continued) help me. I can do most of it."

RAPHAEL: We're exhausted right now, that's for sure. This is a country where women have won the right to be terminally exhausted. But we can start to say things to ourselves and our employers like "Two of us can share a job" and "Why do we have to go to an office?" There really isn't any reason anymore. The day the FAX machine came into our lives, everything changed. We can work in a closet or anywhere.

BLYTH: It occurs to me that if the eighties saw us very involved with money, perhaps the nineties will see us focus more on things money can't buy: time, personal relationships, more personal satisfaction. Wendy, do you have a sense of that?

WASSERSTEIN: I do. I think we'll come to give much more value to friendship, conversation, romance, any true personal connection. The ability to have friendships and things like that is especially vital when you have a FAX machine in your closet!

SIEBERT: I think the nineties will go down as the generation of quality, whereas the eighties went down as the generation of quantity.

BLYTH: What about social activism? With so many competing pressures, will social consciousness make a comeback?

WASSERSTEIN: Nowadays people tend to look at issues as they affect them directly. As soon as the environment affects them, as soon as abortion rights affect them or their daughters, this generation will find itself socially committed again. It just has to take on a personal touch, as opposed to a general idea.

SCHWARTZ: I have one thing I worry about, especially for women of achievement in their forties: I really hope that having and nurturing children will be part of their accomplishments. We really have to think about the meaning of it all and what makes a good life. I had two kids at the very last moment, and I sit here thinking, I don't want anyone I care about *not* to do this. It's a wonderful thing.

RAPHAEL: How old are your children?

SCHWARTZ: Four and six.

RAPHAEL: Call me in ten years! (Laughter.) Well, I think the real answer to where do we go in the nineties is, wherever we want—as long as we teach men how to do housework! The world will really change for us when they start doing their share.

Barbara Walters: "Be true to yourself"

Barbara Walters has been twice named by *LHJ* as one of America's hundred most important women. She's the co-anchor of ABC's weekly newsmagazine, *20/20*, and host of the highly rated Barbara Walters specials. She is married to businessman Merv Adelson, vice-chairman of Warner Communications, and has a twenty-one-year-old daughter, Jacqueline. These are some remarks from her luncheon address

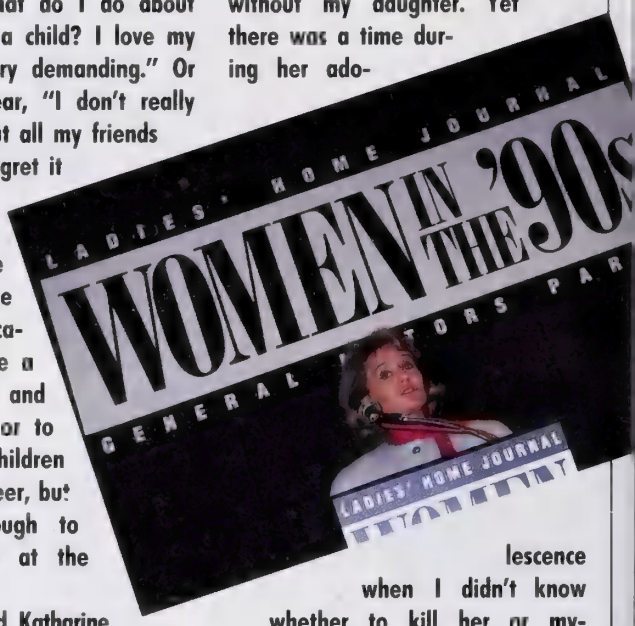
The most pervasive question that I hear from career women in their late twenties and even late thirties is, "What do I do about having a child? I love my job, but it's very demanding." Or sometimes I hear, "I don't really want a child, but all my friends tell me I will regret it later."

I believe it's possible to have a great marriage and a great career, or to have a great marriage and great children, or to have great children and a great career, but it's awfully tough to have all three at the same time.

When I asked Katharine Hepburn if it was tough to have it all, she said, "It's impossible. If I were a man, I would not marry a woman with a career, and I would torture myself as a mother. Supposing little Johnny or Katie had the mumps when I had an opening night? I'd want to strangle the children!"

Then there's Candice Bergen, star of *Murphy Brown*, who has a three-year-old daughter and admits she often can't cope with it all. "I am so tired," she confessed. "And I am *crabby*. There are enough nights when my husband [director Louis Malle] and I are reduced to eating cheese rinds and tuna fish out of the can because we don't have anything in the refrigerator. I can't get the energy to cook, and I think, I'm going to lose this man over a tuna sandwich!"

As for me, I cannot imagine life without my daughter. Yet there was a time during her adolescence when I didn't know whether to kill her or myself—and I had wanted a child very much.



To those of you who have children, you and I know that there will be times when you are torn apart with guilt, wondering why you aren't home. Let me tell you that that guilt, that anxiety, is par for the course. It goes with the territory. Don't eat yourself up over it.

So all I am saying is, try to be true to yourself. Only you can know how much you can give to every aspect of your life. Try to decide what is the most important. And if you do, then only occasionally will you resent or regret the demands of the marriage, the career, or the child, or the staying home.

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THE PANELISTS

MODERATOR
Betty Rollin, writer and contributing correspondent to *NBC Nightly News* and the *Today* show
Nancy G. Brinker, founder of the Susan G. Komen Foundation for the Advancement of Breast Cancer Research, Dallas
Penny Wise Budoff, M.D., author of two best-selling books on women's health and founder of a medical center for women in New York
Millie Cooper, "the First Lady of Aerobics," co-founder (with her husband, Dr. Kenneth Cooper) of the Aerobics Center, Dallas
Barbara Silverstone, executive director of the New York Association for the Blind. A gerontologist, she is co-author of *You and Your Aging Parents*



Healthy thoughts

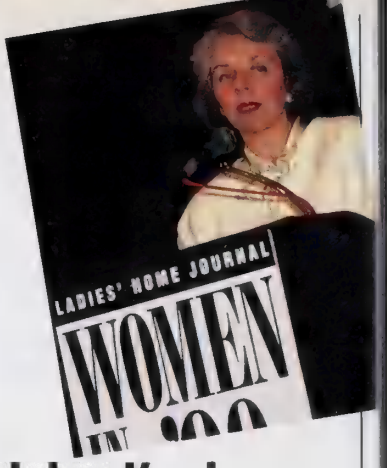
The immense subject of women's health could have filled five days of forums, and we had only an hour. The panelists talked, of course, about breast cancer and infertility and caring for the elderly—all covered in depth elsewhere in this issue, so here we share their ideas about the subject that interests every woman, shaping up!

ROLLIN: Okay, is *this* going to be the decade when we'll finally stop dieting?

BUDOFF: No, this is the decade we're going to start dieting *properly*. Women are always on diets. Unfortunately, they have no idea what they are doing; they skip meals and they live on coffee and cigarettes. I think the overall diet of the American woman is extremely poor, and I think it stems from an overall feeling that "Damn, I have to look good on Saturday night."

COOPER: You know, women are always eating salads, and someone said, well, salads are fattening, because everyone I see eating them is fat! People can take a salad, and by the time they get through dressing it up with all the oils and goodies they may as well have had a piece of chocolate cream pie. The simple fact is, if you want to lose weight, you're going to have to do it sensibly. In our clinic we recommend two pounds a week, because then you're learning a lifestyle that will help you keep it off. And you should consume at least 75 percent of your calories by one P.M. But we have that big dinner and go to bed

(continued on page 68)



Madeleine Kunin

Democrat Madeleine Kunin is the first woman to be elected governor of Vermont—and the first woman in U.S. history to be elected governor three times. An excerpt from her address

As we look closely at the eighties, we can all pretty happily conclude that women have come a great distance. I think all of us are leading lives that we hadn't quite dared to imagine a few years ago in business, science, the arts, the government.

So, why, then, are our numbers so small in positions of leadership at the highest level? The class portrait of the power structure in this country is still indisputably male.

We've made progress in that we've taken responsibility for our own lives. But we also need to see *ourselves* as individuals capable of creating change. That is what political and economic power is all about: having a voice, being able to shape the future. Not that women's presence alone will bring these changes about. But women's absence from decision-making positions has deprived the country of this necessary perspective.

If women made up half of Congress today, we could be certain that a parental-leave policy would be in place. Child care would be affordable, and the child-care bills that are being debated would be law. The presence of women in all levels of power would also help the environment.

That is our message: It is time to exercise power itself differently. It is time to invest in family policies to make the workplace both more humane and more productive. It is time to change the status quo.



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**In most cases.

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(continued) bed and gain all that weight.

BRINKER: When we think about healthy living, the greatest culprit I see, not only with problems of weight gain but with medical concerns like heart disease and cancer is saturated fat. We just have too much fat in our diets. I am appalled when you look at products on the shelf, when you look at things we are consuming today, the amount of saturated fat is enough to *kill* a normal healthy person.

COOPER: You know, about 25 percent of our population is at least 15 pounds overweight, and it's especially discouraging to go into the high schools and see these fifteen-year-old overweight, inactive, cigarette-smoking girls. I'd like to make the point that we simply can't be indifferent about physical activity in our life. We think we can, but either the presence or the absence of it is going to affect us. And I think it's time we got out of the leg-warmer-and-leotard mentality of physical fitness, because there's so much more to being physically fit than putting on the uniform. When I speak to groups, of course they expect me to come out in the leotard and start dancing when I say the word *aerobics.* They're very surprised when I tell them I've come to talk about preventive medicine, proper weight, proper diet, exercise and avoiding tobacco. The women of the nineties have got to realize that *that's* what's going to keep them going.

SILVERSTONE: I just want to add that osteoporosis is probably one of the most serious conditions that over-seventy-year-old women face. Studies show that women who have a good calcium level and do exercise, particularly weight-bearing exercise, lower their risk of osteoporosis. It's unprecedented in history that we're probably all going to be living to the age of eighty-five. That means extended years of pleasure with our families, extended years of opportunity. The one catch in that, of course, is maintaining our health.

BRINKER: Yes. And I'd just like to say that we women have got to become better primary caregivers of ourselves. We currently spend more time picking out our hair color than we do our doctors. We've got to become consumers.

NINETIES KNOW-HOW: For the longest, healthiest life, eat a low-fat, high-fiber diet. Find an exercise program you can stick with—and do so!

Jill Eikenberry: role model

Each week on *L.A. Law*, Jill Eikenberry portrays Ann Kelsey, an exciting, intelligent professional woman. She is married, in real life as well as on the show, to Michael Tucker, and is the mother of Max, seven, and stepmother of Alison, twenty. Last January, Jill shared with *LHJ* the story of her battle with breast cancer. In her honesty, her devotion to her career and her lifestyle, Jill exemplifies many of the qualities we believe women will want to emulate during the next decade—and at our forum *LHJ* presented her with a special Woman of the Nineties award. Here are some of her remarks.

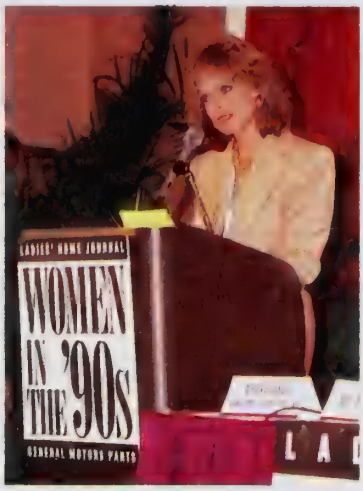
As I think about women in the nineties, more and more I find myself moved by women of different generations relating to each other; it gives me a sense of history and of movement.

My grandmother worked very hard; she had six kids and grew all of the family's food. My grandfather was a carpenter. Their home was warm and happy, but my grandmother had very few other opportunities except through her church to pursue her own interests. My mom worked hard, too—still does, as a matter of fact. She had many interests outside her home, she always had a challenging job, but she also managed to be the most creative mom I ever knew.

I came of age along with the women's movement in this country, and my opportunities are greater. But I still want very much to have a home as warm as my grandmother's, and I want to be as great a mom as I had. So I'm pulled in many directions. I want to be there for my delightful son, Max, whenever he needs me. But as I've learned with my daughter, he may discover something wonderful about himself if I'm not always there to fill the void. I don't want to rob him of growing pains.

I want to always have an intimate relationship with my wonderful husband. I want the profound pleasure of the oneness we can achieve, but I don't want to lose sight of myself. When I look in the mirror, I must see myself. Although his reflection of me brings me great joy, I want to see both.

I want power and I want influence. I've discovered that I like it



when people turn to me for creative decisions; it's very heady stuff. But I don't want to become so obsessed with losing power that I close off to others or to myself. I want so much from life, but yet I crave simplicity. I want to find that balance between ambition and contentment.

I feel that the woman of the nineties will be pulled in even more directions, but I'm optimistic. As we've said a number of times, the real heros are the women who do it all without help. It scares me to think of myself as a role model, but I think we do need role models, lots of them. So I promise to be one if you will all be one, too. As our grandmothers and our mothers were for us, we will be for our daughters and their daughters. Thank you.



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Women and the workplace

The number of working women, especially working mothers, ballooned in the past decade, but employers and society at large have not exactly been accommodating to their needs. Our panel took a hard look at the continuing concerns of female workers

THE PANELISTS

MODERATOR

Lorraine Dusky, a journalist whose latest book is *The Best Companies for Women*

Mary Cunningham Agee, president of Semper Enterprises, a venture-capital investment firm, and founder of the Nurturing Network, an alternative to abortion for women who face unplanned pregnancy

Marcie Schorr Hirsch, Ph.D., associate dean of students and director of the career center at Wellesley College

Karen Nussbaum, executive director of 9to5, the National Association of Working Women

Lydia Patterson, a human-resources professional and consultant, currently working for Merrill Lynch in New York



DUSKY: What I want to know is, where's the progress? Men still make a hell of a lot more money than we do. Is it ever *really* going to happen for women?

NUSSBAUM: Opportunities are more available for managerial and professional women today. But we have to remember that the majority of women in the labor force earn less than $25,000 a year, and they work because they need to. Clerical work is still the overwhelming job choice or opportunity for women, and clerical workers earn less today in real dollars than they did ten years ago. This means that for most women, working conditions are actually becoming harder. And women make up most of the part-time and temporary workers, and those jobs have no benefits, no job security.

DUSKY: There's also the misconception that high-ranking women are doing very well. A 1987 survey found that vice-presidential-level women earn on the average only 42 percent of what their male counterparts do. Lydia, is the glass ceiling still there?

PATTERSON: We have made some major strides, but yes, the glass ceiling is still there. In listening to women, though, I think we're not always so sure we want to challenge the position of men in many areas. We're struggling with ourselves. You know, men don't go into the workplace and say, "Well, I'm a man, how should I act in the workplace?" But we're saddled every day with "I'm a woman, how should I act, how should I respond?" In regard to managing our careers better, it's very important that we recognize where we want to be and whether we are willing to be risk-takers to get there. What propels today's top women is that they *are* taking risks.

DUSKY: I've noticed that the culture of a company depends almost entirely on the mind-set of the CEO—it all emanates from him or her, and of course there aren't enough hers. But I've also found that many men who have daughters coming out of business school are hearing their daughters say, "Daddy, you won't believe they're paying this guy $500 a month more." Suddenly the light bulb flashes that maybe some of the women in *their* company aren't being treated equally.

AGEE: I'm optimistic. You know, when you read these managerial books about Japanese businesses and how wonderfully successful they are, they cite the very qualities that women are good at. We're good motivators, we're great listeners, we're great empathizers—these communication skills are the very skills for the 1990s. And these nurturing values are the ones that we are beginning to hold our corporations to. We don't just evaluate companies in terms of their return on investment. We're starting to say, what about day care and flextime and shared jobs?

HIRSCH: I think that's a real important issue. When we were doing research for our book, *Managing Your Maternity Leave,* we went to large organizations and we found that there were incredible discrepancies in what people were able to negotiate. Simple sharing of information could have given some women considerable leverage in terms of negotiating better leave. A lot of organizations are comfortable listening to facts and not emotions. That's a male model they've operated in for a while, but you can get that data and you can bring it to their attention.

DUSKY: It's predicted that very soon after the year 2000, women will actually outnumber men as workers. Maybe then we can expect that a men's magazine will hold a conference to discuss the problems of *men* in the work force! ■

NINETIES KNOW-HOW: You can increase your clout by sharing information with other women—and asking management for what you want.



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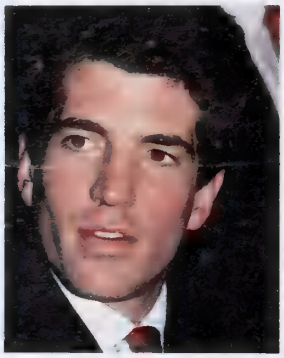
'89 The Coca-Cola Company

WOMEN in the '90s

The LHJ Roper Poll of the American Woman

Our hopes and fears

We asked women across the country about their hopes, fears and predictions for themselves and for America. Here are their intriguing replies



Who will be the celebrity of the '90s?

John F. Kennedy, Jr., once named the Sexiest Man Alive, will be the supernova celeb of the '90s, our respondents say. A distant second: Oprah Winfrey, with Roseanne Barr and Tom Cruise in a dead heat right behind her. Princess Diana finished well ahead of Fergie, but as for Eddie Murphy and Meryl Streep . . . well, you can't win every decade.

How we'll live

WHICH TRENDS IN MARRIAGE AND CHILD-REARING OVER THE NEXT DECADE DO YOU THINK WILL BECOME REALITIES? A large majority of women—69 percent—thought more women will choose to become single mothers, while 67 percent said more couples will wait until their thirties and forties to start families. Nearly half said we'll have more marriages and fewer live-ins; 32 percent said there will be fewer divorces. Fifty-five percent said men will finally do a fair share of housework.



The state of the nation

WHAT WOULD YOU MOST LIKE TO SEE HAPPEN BY THE YEAR 2000? A nation that "just says no"—30 percent of respondents hoped that drug use will decrease sharply during the next ten years. Twenty-one percent said they'd like to see an end to homelessness and hunger in America. Next on the wish list: the elimination of nuclear arms and a worldwide effort to protect the environment.

WHAT DO YOU MOST FEAR WILL HAVE HAPPENED BY THAT TIME? The issue most women hoped to resolve was also the one they worried about most—23 percent of women feared that drugs and crime will overrun more of our cities. Another 23 percent of respondents worried that health-care costs will skyrocket in ten years. Fifteen percent were concerned about nuclear war, and 12 percent worried about the cost of living becoming excessively high.



BY DECADE'S END, WILL THERE BE A WOMAN PRESIDENT OF THE U.S.? A FEMALE *(continued)*

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LH

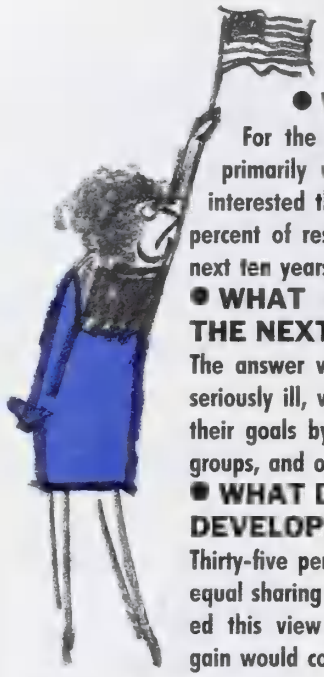
Lights: 9 mg "tar," 0.7 mg nicotine—100's: 15 mg "tar," 1.1 mg nicotine—120's: 14 mg "tar," 1.0 mg nicotine—Ultra Lights: 6 mg "tar," 0.5 mg nicotine av. per cigarette by FTC method.

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(continued) **AS POWERFUL AS LEE IACOCCA?** Forty-seven percent of respondents said we'll see a top female CEO before long, but 66 percent said there won't be a woman in the White House in the foreseeable future.

■ **WHICH COUNTRY WILL BE THE MOST POWERFUL?** Nearly half of the women polled—47 percent—were confident that the U.S. will remain the major world power in 2000. Only 25 percent of the votes went to Japan.

Getting personal



● WHAT IS YOUR PERSONAL GOAL FOR THE '90s?

For the biggest group of respondents, the goal is self-education: Twenty-two percent, primarily women under forty-five, said they'd like to study something that has always interested them. Second most popular: concentrating more fully on family life, chosen by 15 percent of respondents. Eleven percent of women hoped to start their own businesses in the next ten years—and only 5 percent thought that improving their looks was paramount.

● WHAT IS YOUR BIGGEST PERSONAL FEAR FOR THE NEXT TEN YEARS?

The answer varied according to age: Women over thirty were most worried about becoming seriously ill, while women twenty-nine and under were concerned that they might not achieve their goals by 2000. Not having enough money to retire on ran a distant third with all age groups, and only 9 percent worried about becoming a crime victim.

● WHAT DO YOU THINK WOULD BE THE MOST IMPORTANT DEVELOPMENT FOR WOMEN IN THE '90s?

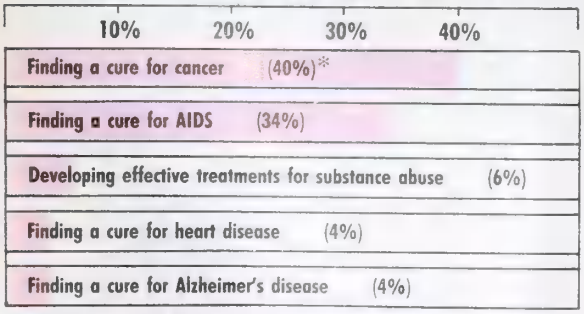
Thirty-five percent of respondents thought that the most crucial step forward would be a more equal sharing with men of parenting and homemaking responsibilities; younger women supported this view more than those over forty-five. Twenty-eight percent said that our biggest gain would come from women holding more top jobs in large corporations.

Health-care prognosis

WHICH DISEASES WILL BE CURABLE BY THE YEAR 2000?

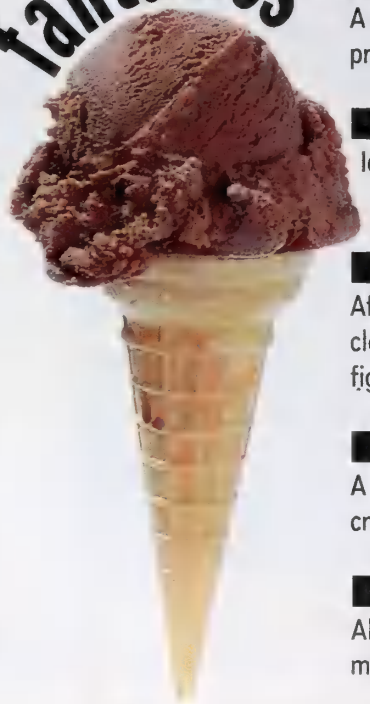
Forty-six percent said we'll have a cure for heart disease, 45 percent thought cancer will be curable, and 40 percent said a cure for AIDS was possible. What's most likely to be with us still? The common cold!

WHERE DO YOU THINK MOST MEDICAL-RESEARCH FUNDING SHOULD GO?



*Answers total less than 100% because certain categories yielded negligible percentages.

Our favorite fantasies



■ **No gain, no pain**
A no-diet, no-exercise, foolproof weight-loss plan **(32%)**

■ **Equal rights**
Ideal treatment of women by men **(28%)**

■ **Fashions that fit**
Affordable and attractive clothes that fit real women's figures and lifestyles **(13%)**

■ **Saving face**
A totally effective antiwrinkle cream **(9%)**

■ **Mommies dearest**
All children believing their mothers are perfect **(6%)**

Photo, L. Fritz/H. Armstrong Roberts; illustration, Bob Weber.

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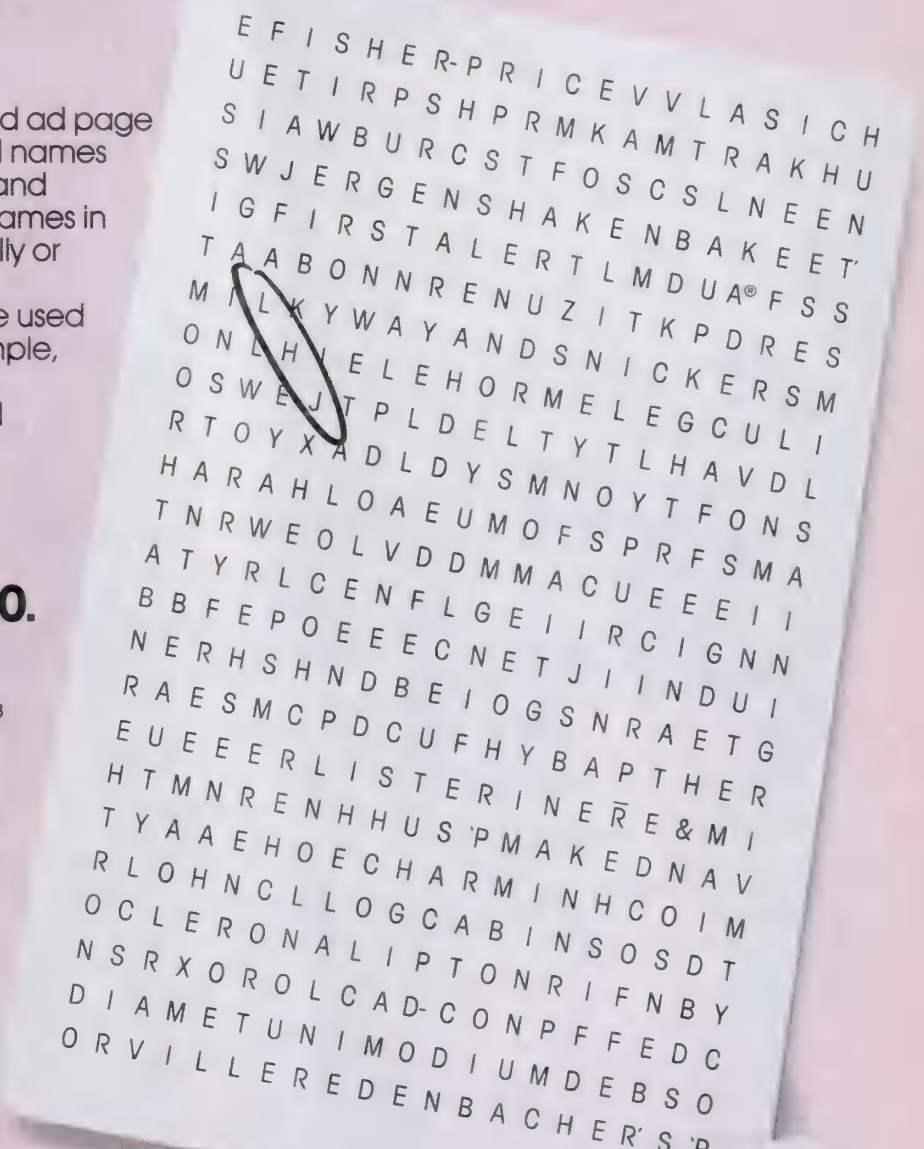
OFFICIAL RULES—NO PURCHASE NECESSARY 1. To enter, handprint your name, address and zip code on the official entry form and complete the "Names for the '90s" word search puzzle that appears in this [illegible] issue. Mail your entry to: LADIES' HOME JOURNAL® NAMES FOR THE '90 P.O. Box 3209, Syosset, NY 11775-3209. Mechanically reproduced entries are not acceptable. Enter as often as you wish, but each entry must be mailed separately and received by January 31, 1990. 2. No [illegible] necessary. You may request a free completed puzzle/entry form with which to enter the sweepstakes by writing to LADIES' HOME JOURNAL NAMES FOR THE '90s REQUEST, P.O. Box 3220, Syosset, NY 11775-3220. Requests must be received by December 31, 1989. Missing [illegible] by reading the [illegible] advertisements in the November, 1989 issue of LADIES' HOME JOURNAL. 3. Winners will be [illegible] on February 15, 1990, in a random drawing from among all correctly answered [illegible] received prior to the end of the sweepstakes. Judging will be conducted by National Judging Institute, Inc., an independent judging organization whose [illegible] on matters relating to this [illegible] (1) Grand Prize: 7 night Caribbean cruise for two aboard the luxury Clipper Yacht, including roundtrip air transportation from winner's home city to Saint Thomas, shipboard accommodations, port taxes, sightseeing allowance and overnight s (prior or [illegible] cruise) including hotel, [illegible] and drinks, (retail value $8,000). (5) Fifth Prizes: Panasonic® [illegible]" color TV and VCR, retail value $825; (20) Second Prizes: Sharp Stereo Music System, retail value $260; (100) Third Prizes: Mandarina Duck® combination traveler bag, (1000) Fourth Prizes: [illegible] quartz watch, retail value $17. All prizes will be awarded and winners will be notified by mail. Odds of winning depend on number of correct entries received. Prizes are nontransferable and no substitutions are allowed. Trip subject to availability and reservations and must be taken by 1/31/91. In the event the trip is won by a minor, it will be awarded in the name of parent or legal guardian. Winners may be asked to execute an affidavit of eligibility and release or address verification. Winners consent to use of name and likeness for purposes without further compensation. Taxes, if any, are the responsibility of the individual winners. [illegible] responsibility is assumed for lost, misdirected or late entries or mail. 4. Sweepstakes open to residents of the U.S., except employees and their families of MEREDITH CORPORATION, [illegible] divisions, [illegible] companies, participating advertisers, advertising agencies and Don Jagoda Associates, Inc. This offer is void wherever prohibited, and subject to all [illegible], state [illegible] 5. For a list of major winners, send a stamped, self-addressed envelope to: NAMES FOR THE [illegible] P.O. Box 3213, [illegible] NY 11775-3213.

SWEEPSTAKES

HOW TO PLAY

sed upon the clue information and ad page mber below, identify the 50 brand names lden in the puzzle. Circle each brand me you find in the puzzle. Brand names in e puzzle may be spelled horizontally or tically, diagonally, frontwards or ckwards, and some letters may be used more than one name. As an example, 've circled the "LHJ" in the puzzle. help you out, we've also indicated e first letter of each answer next the page number.

CLUES	PAGE NO.
_____ Pickles	V 293
ntensive Care Lotion	V 215
Popping Corn	O 139
_____ Carpet	W 117, 118
Pink Grapefruit Juice Cocktail	M 71
Super Blocks	T 96, 97
Smoke Detector	F 93, 95
Lemon Fresh _____ Bleach	C 201
You can't beat the original	S 306, 307
You. Only better.	N 33
For people who like to smoke...	B 171
Minute Gourmet	H 259
A Simple Match Can Make a Room	C 233
With _____, dusting can be beautiful	P 181
Bananas	D 257
Agony. Ecstasy.	T 168
Snack Size	M 191
A Breakfast Favorite	J 174
Aloe & Lanolin	J 110
Alpine Lace® _____	C 59
Natural Fillets and Light Fillets	V 205
Clairol's Color rinse	I 46
We Grow Better Snacks	D 300, 301
You've Come A Long Way, Baby	V 22, 23
t works better	I 94
Reduced Acid Orange Juice	M 69
Pick Up 'N Go Truck	F 209
Quilted softness	N 91
So dark and rich, shouldn't you switch?	F 291
Salad Dressing Mix	H 274, 275
Helps prevent gingivitis	L 127
Kibbles and Cheezy Chews	P 183
Your downfall	R 4
_____ Lite	L 193
My way is _____ fleecewear"	H 29
Visit outer space	A 88, 89
Top Shelf entrees	H 149
_____ Ladies' Razors	N 27
Peanut Oil	P 134
Because Mice Are More Than Just Pests	D 305
Fun with Food	F 122, 123
We fit America	F 45, 79
_____ Recipe Soup Mix	L 266, 267
Dust magnet	E 132
Tastes so good you'll be sorry it's gone	H 147
Cedar Chest	L 172
Chicken without frying	S 253
_____ with Clorox Bleach	S 235
I like the _____ in you"	S 143
Freshell	R 120



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Print your name, address and zip code on this entry form and mail it along with your completed "Names For The '90s" puzzle to:

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fiction

PIANO FINGERS

Dean's ambitious plans for himself had always seemed to be just out of reach, but he knew that somehow he had to make his dreams for his daughter come true



Eric Rasmussen

By Bobbie Ann Mason

After *The Equalizer*, the weather news is on, and Dean switches off the program when the radar display appears. He's tired but not sleepy. He's sick of the garbage on TV. For some time, he has been thinking about an idea for a television series, a show about an amateur detective, an ordinary guy who drives a delivery van. Each week he goes to a different house and finds himself caught up in solving some fascinating crime: cocaine rings, kidnapped heiresses. Dean has a wonderful name for his detective: Ballinger. It's a glamorous name, yet the detective is a down-to-earth guy people can relate to. All of the stories Dean imagines take place in California.

In bed, he watches his wife reading. Nancy zooms through a new novel from the library almost every evening. The covers of the books picture sexy women sprawling in the clutches of virile, dark-haired men. The women wear long, low-cut dresses, with their breasts bulging out the tops. Nancy calls the books bodice busters, and for a long time Dean thought that was a brand name. Nancy is wittier than he gives her credit for.

With a peep of satisfaction, she finishes the last page and shuts the book, almost in a single motion. She reads books the way she irons clothes—snappy and efficient.

"Did it have a happy ending?" he asks as she sets the book on her bedside table and flips off the light. Another one of her combination moves.

"If it didn't, I'd slam it up against the wall," she says.

In the dark, testing his powers of observation, he tries to picture her at the moment she turned out the light. What is she wearing? Her blue gown with the white trim, he thinks, the one she wears with the T-shirt underneath. They're trying to save money on the oil bill by burning wood, and the house is always too cold for her.

"I read in the paper where women who read those books have better sex lives than anybody," she says as she rolls over to him. *(continued)*

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laughs at some of his notions. He can never seem to what's expected of him. It's as though he has a built mechanism that steers him in another direction. school, if he had to write a report on worms for biolo he'd look up worms in the encyclopedia but then distracted by something more interesting, like womb Dean is only twenty-six, and people still call him a k But he feels suspended somewhere between childh and old age, not knowing which direction he is facing

My head feels like a basketball," Mr. Palmer sa barging into the back of the drugstore, where Dea filling out order forms for baby products. "I'm gett out of this goddamn climate." He grabs Dean's clipboa "Baby formula. Shoot. They can buy that by the case Super X for 20 percent less than what I have to char I'm going to move to Florida and junk this whole g damn mess before I go broke." He stalks out the door.

In the store car, Dean goes out to make a few deliv ies. He likes driving around town, noticing all changes—new paint jobs, new additions, an out-of-st car in someone's driveway, a business relocating. Beh the wheel today, he speculates about what might beco of the store—a woman's shop, maybe. If Dean took o the store, he would open an ice-cream parlor, witl jukebox and a place to dance to old sixties records.

When Dean drops off some kidney medicine for M Aubrey, a maid at the door says Mrs. Aubrey is just hc from the hospital. Dean imagines the old woman dea her bed. Suspicion is placed on Ballinger, who had acc to the medicine. It would be like the Tylenol murders

Dean drives on to the next place on his list. The Bi Hills subdivision—no birches, no hills—is a new deve ment of medium-priced houses on the east edge of to

■ PIANO FINGERS
continued

"Is that true?" He holds her close, feeling her warm layers.

"You better believe it."

When Dean graduated from high school, he and Nancy already had a baby on the way. His father wanted him to go into the Army, to learn a trade, but Nancy didn't want to live at some strange military post with a new baby. They had a difficult time starting out on Dean's wages at the filling station. Later, he worked for a while at the tire plant, where he made good money (nine dollars an hour). When Nancy started working, they were able to buy a two-bedroom brick ranch. The tire plant laid off half its force two years ago, and Dean started working as assistant manager at the downtown drugstore on the courthouse square. It was less money, but Nancy said she was glad, because the machinery at the tire plant was dangerous. Mr. Palmer, the owner of the drugstore, has treated Dean well, giving him a generous discount and free ice cream from the soda fountain for the kids. Medical advice from the pharmacist has saved them countless doctor bills. But as soon as Mr. Palmer can sell it, the drugstore will close, and Dean will have to find a new job.

When he was laid off from the tire plant, Dean drew enough unemployment to keep up his house payments, but that may not be the case now. Somehow he believes everything will be okay, because things have worked out in the past, but he can feel Nancy's dread, and he knows she expects more of him than he is able to give. Dean has a lot of ideas—including training to be an electrician or a real estate agent or even a travel agent—but she just





boy, 'Where's the beer?' and he said to me, 'This county's dry.' I couldn't figure out why he was talking about the weather instead of showing me the beer!"

"I guess it takes a while to get used to our ways." He shifts his weight uncomfortably. "People don't approve of drinking around here."

"But everyone drinks anyway."

"That's true, I guess." Dean feels embarrassed.

"Oh, there's my cat. Come here, Lonesome," she says, rushing out to pick up the cat. The long-haired white cat, with its stony stare, is more like Dean's image of a Northerner than Stephanie is.

After work, Dean picks up Jennifer at her piano lesson. She takes lessons from Mrs. Addison, on Spring Street. He waits in his car—not the store car—for Jennifer to finish. The car heater is warm and cozy, and the radio is playing a sixteen-song music marathon. The sky is getting dark, and leaves are blowing off the trees. Wet leaves swirl down from a large maple in Mrs. Addison's yard. The sound of wet leaves against the car on a late-autumn day makes him feel nostalgia for something, he can't remember what. He realizes that there are such moments, such sensations, that are maybe not memory but just things happening now, things that come into focus suddenly and can be either happy or sad.

"Hi, sweet-pea," he says when Jennifer flings open the car door.

"She gave me some new music," Jennifer says, handing him a piece of sheet music—"The Fox and the Bee."

"She didn't *give* it to you," says Dean, seeing the price on the cover—two dollars and twenty-five cents. Then he asks her, "Do you know a teacher at school named Miss Morgan?"

(continued)

an and Nancy looked at lots here a few years ago, en it was a cornfield, but they were too expensive. an recalls that day. They went to the Sunday after- n open house at the single finished house in the devel- nent. That night Nancy wasn't able to sleep. She kept gining dream-house floor plans. But Dean could see y the harvested cornfield, so bare and clean it would a shame to disturb it.

You must be the drugstore," says the woman at the r. She has on a sweater with a large parrot appliquéd he front and tight pants, the stretchy kind with straps ler the feet. Dean knows they have straps under the because they are a new fashion. Nancy bought a pair herself and one for Jennifer.

I have to find my checkbook," the woman says. She rries away, moving like Dean's brother's ferret, slinky fast.

Did you see a cat outside?" the woman asks when she urns.

No, I didn't notice one, ma'am."

he laughs. "Everybody in Kentucky says 'ma'am' and ' I think that's great. I just moved down here last mmer. I teach second grade at the elementary school."

My little girl's in the third grade," says Dean.

le glances at the check. Stephanie R. Morgan.

Where did you move here from?" he asks.

Michigan." Her smile is attractive, activating a set of ples.

Do you like it down here?"

Oh, yes, the people are friendly, but there are some ngs that are just *different*. The day I moved in, it was ut ninety degrees. About six o'clock, I was dying for a r, and I didn't have any food either, so I went to the ermarket. I couldn't find the beer, so I asked the stock



fiction

"Yeah, she's new. What do you want to know for?"

"Oh, nothing. I delivered some stuff to her house today." He feels sorry for the schoolteacher. Being unmarried in such a small town must be depressing. What can she do except go to the singles mixers at the Methodist church? Dean is sure she was coming on to him. Or maybe Northerners really are genuinely friendly. But he has always heard how rude they are.

Jennifer plays with the radio dial, and Dean says, "She had a nice big cat you'd like."

"What's his name?"

"Lonesome," says Dean.

"Lonesome," repeats Jennifer. "That's how I feel. Lonesome."

"Oh, come on, Jennifer. You don't either."

Later, when he turns onto their street, Dean says, "Mom's already home." Wood smoke drifts across the neighborhood and disappears. That's the way Dean sees himself when he leaves home in the morning to go out into the world.

After supper, Nancy, wearing her fleece-lined vest, settles on the couch to read. "Get your lessons, Jennifer, and stop watching TV," she says.

"Daddy's watching it."

"You don't have to. I thought I was setting a good example, reading a book." Nancy flips a page, reading as she talks.

Jason tears into the room, skidding on a throw rug. He has an F-18 fighter jet in his hand. The living room doubles as an aircraft carrier.

"What did I say about getting in that bathtub, Jason?" Nancy says, not even looking up from her book. "Dean, are you going to set there and let the kids get away with murder?"

Dean says, "Jason, go get in the bathtub before I have to get me a switch." He trembles with the authority of his voice. On TV, a breath-mint ad is on. Dean can imagine ten ideas for TV shows better than this evening's lineup alone. He has been thinking about a new plot for *Ballinger*. He sees the schoolteacher's house, her sweater with the parrot, her white cat: a perfect setup for an intriguing mystery. Back home, she was suspected of having murdered her lover. She came to this small town and took a new identity just to avoid the talk. She is innocent, but she knows who the real murderer is and he is after her. In the souped-up van, Ballinger rescues her from her pursuer. The van does wheelies around the courthouse square.

Earlier, in the kitchen, Nancy said to Dean, "People tell me things that are important, and I can't remember them. I must be getting old." She seemed puzzled, almost forlorn. Dean wasn't sure what she meant.

"Jennifer said she was lonesome," he said.

When he married Nancy, she was slim and flirtatious, with long bangs. They swore they would always be happy together. It's not that they don't love each other as much, Dean realizes, but stuff gets in the way. She is always so busy. She has worked out certain ways she does things—routines and methods. She is often short-tempered with the kids, and she sometimes seems frantic for no reason, despite her peculiar sense of order. On Halloween, recently, while Dean and two little unidentifiable space-movie monsters went trick or treating, Nancy was in the bathtub, reading, not answering the door when the neighbor kids came by.

After Jennifer and Jason are in bed, Dean shoves a couple of slender logs onto the fire. Nancy says, "The guy in this book reminds me of you."

"How?"

"The way you were when I first knew you."

"Was that better or worse than now?"

"Different." She laughs and draws her opened book to her chest as if to catch an overwhelming burst of laughter. "When I first met you, you were the cutest thing in the world. But you didn't know your ass from your elbow!"

"I think I've got that figured out now," he says with a slow smile.

Dean works at his woodpile on Saturday. It is a bright day, and the blue blares through the remaining leaves on the maple tree like something important Dean should notice. He loves to split firewood. It's like karate—concentrating energy at one precise point. When he worked at the tire plant, the machinery required such concentration and precision that he was exhausted at the end of his shift.

Every weekend Nancy makes a list of things for Dean to do—errands in town, making repairs, cleaning out gutters. She never wants him to help her with housework, although sometimes he volunteers to fold the laundry or do the vacuuming. She says it makes her feel powerless not to be in charge of certain things, but he feels she has drawn a line between them. This weekend her list includes a *(continued on page 88)*



WRITERS TO WATCH

The eighties brought us a dazzling new crop of critically acclaimed women writers. Many of the most exciting started out by publishing short stories, and *LHJ* has featured many of them, including Anne Tyler *(The Accidental Tourist, Breathing Lessons)*, Amy Tan *(The Joy Luck Club)* and now Bobbie Ann Mason.

Author Louise Erdrich *(Love Medicine, The Beet Queen)* agrees that the "eighties was a very fertile time for women writers." And the coming decade will surely bring even more of a blossoming of women's writing. Says Bobbie Ann Mason, "Women's fiction is less self-centered and domestic now. I like to write about people whose voices haven't been heard before."

For Amy Tan, whose powerful best-seller, *The Joy Luck Club*, appeared in *LHJ* earlier this year, the experiences of immigrant Chinese mothers and their American daughters reflect the universal love and conflicts between all mothers and daughters. "Before now," Tan says, "we have always looked to men as the major figures of American literature because they had a world view. Now women are writing things that have larger importance to readers. The change in fiction now is that some women writers, like Toni Morrison (*Beloved*), Alice Walker (*The Temple of My Familiar*) and Maxine Hong Kingston (*China Men*), are writing the Great American Novel."

As for the future of women's fiction, "The new books by women in the eighties have been brave and wonderful," says Tan, whose new novel will be "about women—and men." "I hope in the nineties that more women with all kinds of different voices will be brave enough to write."

Thomas Victor



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Prices on next page.





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PIANO FINGERS

continued from page 82

P.S.—emergency economy measures. No new clothes. No processed food. No eating out. Cancel the newspaper.

He attacks a pile of logs, large chunks of oak his brother dumped in the yard. His brother, a successful carpenter, has a yard large enough for trees to die in. Dean should see Bill about assisting him in his shop, but they've never been able to work together. Dean can't even saw a two-by-four without Bill telling him how he should have done it. Dean saws on, log after log, lost in the noise, which turns into the cheering section at a ball game. When Nancy and the kids come home with the groceries and new library books, he doesn't hear them turn in the driveway behind him.

On Tuesday, the radio predicts snow flurries, with the low tonight in the thirties. Dean picks up Jennifer at Mrs. Addison's and goes inside to pay. Piano lessons are on Nancy's list of economy measures, but when Mrs. Addison praises Jennifer's progress and says she has piano fingers, Dean cannot bring himself to cancel the lessons. Piano fingers mean a God-given talent, like being able to draw or sing. In the car he takes Jennifer's hand. "I want to see them piano fingers," he says admiringly.

She slides off her glove and holds out her hand for him to see, then says, "Mrs. Addison's acting a little funny."

Her hand is growing slender, with smooth hard fingernails. "What did Mrs. Addison do?" he murmurs.

"She played this song, and her hands jumped up and down like little puppies, like that was part of the song. It was funny." Jennifer giggles as she talks, and Dean laughs with her.

After they stop laughing, he drives out to his brother's and tells Jennifer to sit in the car while he talks business with Uncle Bill.

"I always have to wait in the car," she protests.

"Well, I wait in the car for you at Mrs. Addison's. Now, I won't be long."

Part of the truth is that he doesn't want Jennifer to play with Bill's ferret. He's afraid it might bite her beautiful fingers.

Bill is custom-building a bathroom vanity in the shop attached to the side of his house. His wife hasn't come home from work yet. The shop is cold, and Dean keeps his gloves on, declining Bill's offer of a beer. Bill knows very well that Dean never drinks. Dean comes right to the point and asks to borrow three hundred dollars fo real-estate investment seminar whole weekend at a hotel. He sh Bill a pamphlet about it.

"They won't take a charge card, a can't cash my CD till February," D says. "I figured I'd take about half CD and put it into this real estate seven years you can triple your inv ment."

Bill barely glances at the pampl Like a magician, he whips out a and rubs the dust off the hunk of c board he has been sawing. He sha his head skeptically. "I smell a rat

"Well, I know a guy who come the drugstore, and he went to on these and said it was real helpful.

Bill unties his tool apron. He ex ines all the pockets and hangs apron on a nail. Out of the corne his eye, Dean sees the ferret glid and disappear behind some paint c

Bill says, "Why are these pe holding this seminar? Why ain't out there getting rich on real-es investments themselves? Why do want you in on it?"

The ferret pokes his nose abo can. He resembles a hairy snake. ferret's name is Crapola.

"Real estate's not moving ar here," Bill is saying.

"Forget it," says Dean.

Journey to sun-bleached dunes carved b
a place where time is your
Visit outer space. Or just dream. To begin the adve



say this for your own good, Dean," Bill. "I just happen to know that's ket. I saw it on *20/20*."

said forget it." Dean backs toward oor.

l help you out when you need it. I lon't want to see you spend three red dollars on something you'll be for."

what if it's a rip-off?" Dean s out. "Why can't I be the judge of Nobody ever thinks I can do thing on my own."

can't see throwing good money ," Bill says.

s not just me you don't have con- ce in," Dean says. "You're just everybody around here—scared to ything risky. They won't go out- if it's raining, afraid they'll get feet wet. I'm sick and tired of attitude. It's stupid."

o, you're wrong," Bill says. "Some e don't have sense enough to get t of the rain."

ou're full of crapola!" Dean s, as he charges out the door. He s down the earflaps on his cap.

er his outburst, Dean feels the Ballinger feels when he has ped up the case. Ballinger leaves victim's house, gratified that he een able to solve the mystery. He stly calls it helping out. He always manages to turn up the key piece of evidence the authorities have missed; it's usually something subtle: a pattern in the floor tiles that's repeated in the victim's shirt; a clue in the refrigerator; or just the way a man unties his tool apron and inspects the pockets—as if he's afraid of leaving incriminating evidence.

"You weren't gone long," says Jennifer. "I didn't get cold. I didn't even get bored."

Dean sits at the wheel a moment before starting the car. It is turning colder. It is maybe ten degrees colder than it was an hour ago.

Dean doesn't take the direct route home. He drives up and down streets so familiar he could drive them in his sleep. Downtown, the street lights bleach the sidewalk into a shore of sand. The drugstore is closed, the lights illuminating the window display: a wheelchair, a bedpan, some metal walkers and splatter canes. He's glad the drugstore is being sold. Why would he want to work there forever?

The downtown lights reflect on the dark plate-glass windows of the corner bank. Some of the lights in the window are reflections of reflections, like a kaleidoscope of possibilities for his life. His trouble, he realizes, is that there are too many choices. So many directions are imaginable, it is hard to settle on just one. He's afaid to narrow his options the way most people do. It would mean missing out on almost everything.

Dean tells his daughter, "I want to buy you a piano. We can't buy a real piano, but we can buy one of those little portable keyboards that just about fit in your lap."

"Oh, boy, those are neat!" she cries. "A girl at school has one. She brought it to show-and-tell."

"If you had one, you wouldn't have to stay late at school to practice your music," Dean says as he turns down the highway leading out to the shopping center.

At the Wal-Mart, Dean steers Jennifer to the electronics department. He has seen the keyboards advertised, and he is fascinated by how simple and small they are. He likes the way so many things are miniaturized these days—concentrated power, like vitamin tablets.

Jennifer, awed, tests several keyboards. She prefers the one with forty-eight keys and some extra sound effects—vibrato, reverberation and something called cosmic tone. She plays "Minuet," which she earned a gold star on. The keyboard sounds surprisingly like a real *(continued on page 310)*

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BIGGEST MEDICAL BREAKTHROUGHS OF THE DECADE



State-of-the-art treatments are enabling doctors to save more lives than ever. A look at great medical achievements of the past decade, and a forecast for what's next

By Densie Webb, Ph.D.

No, doctors didn't cure the common cold or cancer during the eighties. And some promising developments—such as the artificial heart—fizzled disappointingly.

But the last decade was rich with medical milestones nevertheless. "It's been a fantastic decade," says William Hendee, Ph.D., vice-president for science and technology of the American Medical Association (AMA). "There's probably been a greater leap ahead in terms of new technologies than ever."

If you haven't already benefited from these advances, chances are you—or someone in your family—will do so soon.

Here are the ten biggest breakthroughs of the last decade selected by the AMA—plus their predictions of what's ahead.

New treatments

Calcium channel blockers . . .

have helped thousands of heart patients lead pain-free lives.

Calcium channel blockers—such as verapamil hydrochloride, nifedipine and diltiazem—prevent calcium from entering smooth muscle cells in coronary blood vessels. This reduces spasms, thereby controlling angina symptoms (severe chest pains *(continued)*

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MEDICAL BREAKTHROUGHS
ontinued

lting from poor blood flow to the heart) much more tively than drugs used for this purpose in the past.
ven more exciting, calcium channel blockers are exely versatile. They've been proved effective for treatnypertension; verapamil is used to treat certain heart ythmia, and the FDA recently approved nimodipine, her calcium blocker, for certain types of strokes. Rechers are also studying whether the drugs may be ful in the treatment of many other diseases, including eimer's, seizures and atherosclerosis.

osporine . . .

saved the lives of thousands of people who've had n transplants.

ior to cyclosporine's approval in 1983, doctors gave splant recipients drugs to prevent rejection that also ressed overall immune function. Since patients' weak- systems couldn't fight back, these recipients often of infections unrelated to their transplant organs. osporine, however, suppresses immune function selecy. Because of this, it prevents the body from rejecting oreign organ while keeping the immune system intact. closporine may also prove to be an effective treatment some autoimmune diseases—disorders in which the une system destroys the patient's own tissues—includuvenile diabetes, psoriasis and rheumatoid arthritis.

tro fertilization . . .

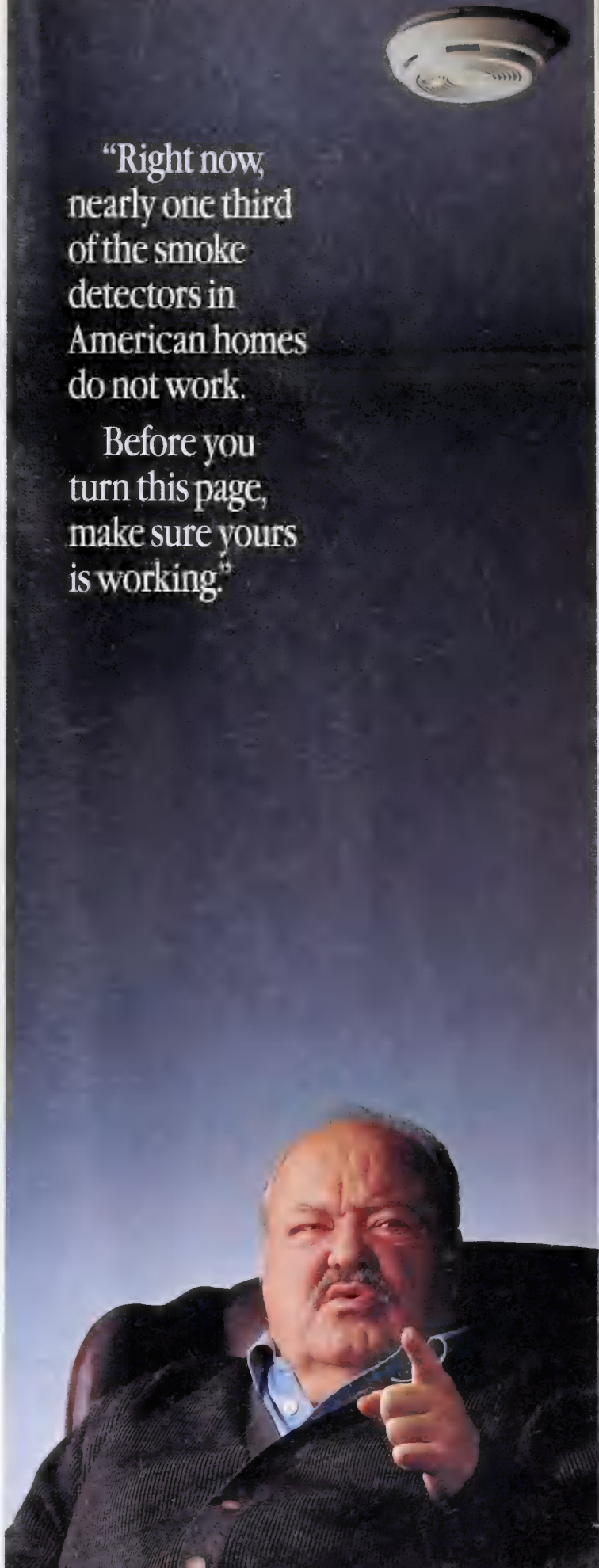
enabled thousands of infertile couples to have children eir own.

vitro fertilization (IVF), involves removing an egg a woman's ovaries, placing it in a lab dish with her and's sperm, and incubating it until the egg is fertil- Doctors then transfer the embryo to the woman's us, where it can develop normally. A record 2,734 IVF es were born in the U.S. last year.
nce 1981, when the first American test-tube baby was , IVF has become more natural and less risky. Doctors lly give each candidate hormones to ensure that her ies released several eggs, which could be saved for at procedures. Then a laparoscope was used to locate eggs. Now, thanks to ultrasonography (using sound es to obtain pictures of internal organs), doctors can ct and retrieve a *single* egg. This reduces the need for ation-stimulating hormones: The procedure can be red because it allows doctors to use much less anesthetd requires no incision.
owever, IVF isn't for everyone; it's costly and often tionally draining. But when it's successful, IVF can g great joy. In one of the latest spins on the procedure, ors are helping men with low sperm counts or sperm otility become fathers. In the single-sperm method—being done at a handful of U.S. clinics—doctors drill a hole through the egg and actually insert a sperm, tly enhancing the chances of fertilization.

otripsy . . .

made it possible for about 95 percent of all kidney-stone nts to be treated without surgery.

sing a machine called a lithotriptor, doctors aim invisiound waves at patients' kidneys; these waves pulverstones to the consistency of sand, which the patient etes painlessly.
efore the FDA approved lithotripsy in 1984, there were truly satisfactory treatment options. Physicians could ve stones surgically or administer drugs in an atot to dissolve them. Alternatively, a *(continued)*



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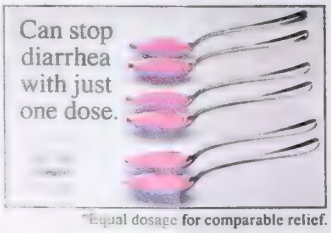
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MEDICAL BREAKTHROUGHS
ntinued

nt could try to pass the stone in his or her urine—an ciatingly painful experience.
the years ahead, lithotripsy will also be used to treat gallstone patients.

nced-technology endoscopy . . .

evolutionized the management of a wide range of dis-, permitting doctors to diagnose and treat many ders in a single procedure.

doscopes—long, flexible tubes containing fiberoptic s—enable doctors to examine the esophagus, stomach, , lungs or bladder without exploratory surgery.
the doctor needs to view the stomach, she inserts ndoscope through the patient's mouth; if the colon is examined, the endoscope is inserted rectally. An e of the organ's interior is then transmitted to ndoscope's eyepiece from its lighted tip. If a colon or other abnormality is found, the doctor can often ve it immediately, using instruments inserted gh the endoscope.
e most advanced endoscopes are electronic; they allow rs and patients to see an organ's image on a TV n. In the decade ahead, computerized endoscopes will vailable; they'll be able to detect abnormal tissue ges not yet visible to a doctor's eye.

mapping . . .

its doctors to predict whether couples are at risk of ng a devastating disease to their children.

ch of our cells contains some one hundred thousand s, and scientists know that about four thousand dis- are caused by genetic defects. About one hundred of these—including hemophilia, Huntington's chorea cystic fibrosis—have already been located on specific s. Couples who want to have children can now be d before they conceive to determine their risk of pass- hese disorders on to the next generation.
construct a gene map, scientists take a blood sample extract DNA from white blood cells. Then they use mes to break up the DNA. By comparing the patients' with already established normal samples taken from people, scientists can identify the genetic abnormali- hat indicate specific diseases.
speed the identification process, the National Insti- of Health and the federal Department of Energy are ng the Genome Project. The project's goal is to locate identify all one hundred thousand genes. With this al information, doctors may be able to develop vative treatments for currently untreatable diseases.

rs . . .

surgeons to perform delicate operations with exquisite sion and accuracy.

njuring up images of intergalactic star wars, these pow- ly concentrated light sources can cut, burn or seal tissues. They have proved to be a godsend for sur- s operating on brain tissue and tiny blood vessels in eye. They are also used in gastroenterology to stop ding in the digestive tract and relieve obstructions, in gynecology to treat ovarian cysts, fibroid tumors, metriosis and precancerous cervical cells.
sers cause less bleeding and pain than scalpels, and nts often recover faster. Although most doctors are more comfortable with scalpels, lasers will become an easingly important surgical tool as young doctors learn to use them. In fact, scientists say future lasers will mputerized, enabling them to *(continued)*

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distinguish between healthy and malignant tissue.

Magnetic resonance imaging . . .

allows physicians to diagnose brain tumors and other abnormalities undetectable with previous imaging methods.

Approved in 1983, magnetic resonance imaging (MRI) provides detailed, two-dimensional pictures of internal bodily structures. MRI is often less risky than X-rays, which require radiation, and CAT scans, which also involve radiation and sometimes require injecting the patient with dye.

A patient who undergoes MRI is placed on a sliding table that is pushed into a large tunnellike chamber containing powerful magnets. These magnets cause some of the atoms that make up the body to shift their magnetization temporarily; MRI measures and records this change. Since the atoms in abnormal cells position themselves differently from those in healthy ones, an MRI picture clearly reveals the location of diseased cells.

MRI of the future—magnetic resonance spectroscopy—will enable doctors to look even deeper into the body, inside cells and help them provide earlier diagnoses and better treatment.

Monoclonal antibodies . . .

are the closest thing we have to a "magic bullet" against cancer.

By fusing malignant human cells with healthy mouse cells, researchers have been able to create hybrid cells that produce antibodies called monoclonals, which target cancer tumors.

If, for example, doctors suspect a woman has ovarian cancer, they inject her with monoclonal antibodies tagged with radioactive material designed to home in on malignant ovarian cells. Viewing the ovaries through a machine called a gamma camera, doctors can see whether the monoclonal antibodies gather at the ovaries. If so, they know cancer is present. If monoclonal antibodies don't collect on the ovaries, the patient is cancer-free.

Clinical monoclonal antibody trials have been completed; the FDA is scheduled to approve them for widespread diagnostic use soon. In the next decade, monoclonal antibodies may be used to destroy cancer cells as accurately as they now track them down.

Recombinant DNA . . .

helps scientists create large quantities of hormones and enzymes in the lab.

Using up-to-the-minute technology, physicians can now manufacture large quantities of helpful natural substances normally produced by the human body in minute amounts.

To do this, they take a blood sample, then extract and break up the DNA it contains. Using enzymes to trigger the process, they can cause the genes to manufacture insulin, interferon and other useful substances. Before the process was developed, doctors collected insulin—used to treat diabetes—from animals. Interferon is produced by the body in small amounts; in larger doses, it's a potentially powerful antiviral, anticancer weapon.

Recombinant DNA will provide many new drugs in the years ahead, including compounds known as growth-stimulating factors. These drugs are expected to boost cancer patients' immune systems, enabling them to take high doses of chemotherapy while preventing the damage to healthy cells anticancer drugs usually cause.

Densie Webb is a medical writer and editor based in New York.

BREAKTHROUGHS-IN-WAITING

The AMA expects a wide array of advances in the 1990s. Some of the most promising:

DIAGNOSTIC TESTS FOR MENTAL ILLNESS

For the first time ever, doctors may be able to definitively diagnose mental illnesses, such as depression and schizophrenia. Instead of classifying patients by unreliable behavior evaluation, doctors will use advanced imaging tests such as magnetic resonance spectroscopy and positron emission tomography (PET), a computerized X-ray technique, to pinpoint metabolic changes in the brain.

NEW HELP FOR THE DISABLED

Robotlike machines may help people with paralyzed limbs regain control of their lives. Among these bioengineering wonders are souped-up wheelchairs for quadriplegics, which patients steer by sipping and puffing through a straw control lever. Power-assist devices will also enable paralyzed limbs to move by delivering electrical stimulation to muscles that are no longer able to receive messages from the brain.

RADIO-WAVE MONITORING

Just as researchers on the ground monitor astronauts in space, doctors may soon monitor patients going about their daily lives. Patients will wear or carry small monitors that send radio signals indicating their blood pressure, heart rate and brain waves back to a hospital or clinic computer. If something is amiss, the computer will alert the doctor.



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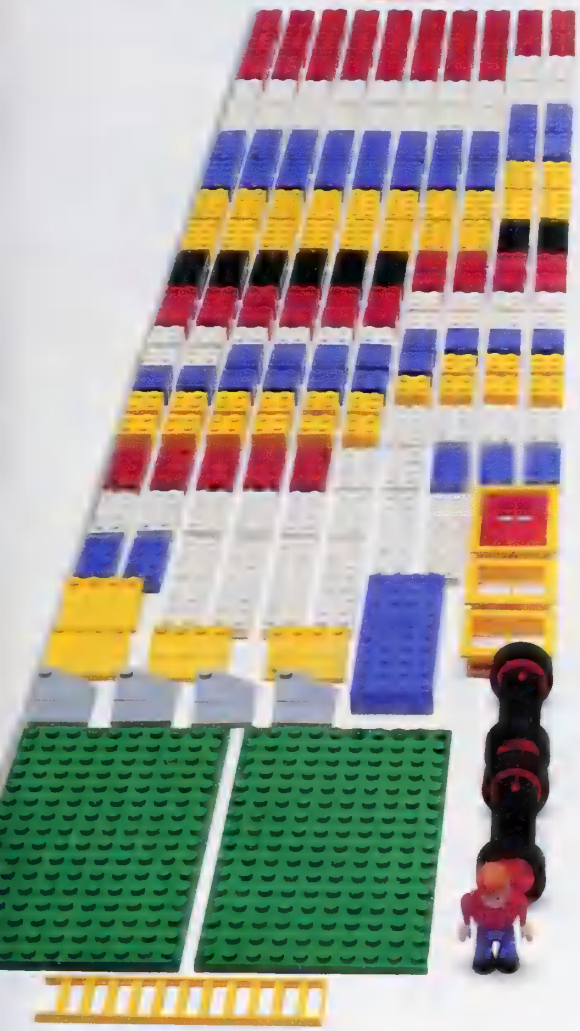
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WOMEN in the '90s
HEALTH

If you usually flip past articles about AIDS because you think you have nothing to fear—think again. Thousands of women have developed the deadly disease, making it a health threat no one can afford to ignore

WOMEN AND AIDS

what you must know now



Sara Krulwich/NYT Pictures

Alison Gertz, a twenty-three-year-old New York illustrator who is bright and successful, contracted AIDS, she believes, from having sex just once with a bisexual man. Now she is working to educate other heterosexuals about the dangers of this modern-day scourge

By Gina Kolata

In a small town on the Eastern shore of Maryland, a sixty-eight-year-old woman named Jean Smith* lived quietly, until her death last March, with the burden of a terrifying secret: She had AIDS.

She got the disease—formally known as acquired immune deficiency syndrome—from her husband, who contracted it from a blood transfusion during open-heart surgery in 1982. After the operation, her husband "started going downhill and feeling awful," Jean recalled.

Although she had read enough about AIDS to suspect what was wrong, her husband's doctors assured Jean that that wasn't possible. Then, about four years ago—when her husband was bedridden and failing fast—doctors finally tested him for the disease. The result was positive: His blood contained antibodies to the human immunodeficiency virus (HIV), which causes AIDS.

Jean was also tested. Tragically—and ironically, since she and her husband had sex only once after he came home from the hospital—she, too, was HIV-positive.

Jean's husband, who felt grief-stricken and guilty about passing *(continued)*

* *Some of the names in this story have been changed.*

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WOMEN in the '90s
HEALTH

(continued) the deadly virus to his wife, died two years after diagnosis. And before her own death, Jean wanted the world to know that it *is* possible for a heterosexual, middle-class woman like herself to get AIDS. "Not everyone who has it is homosexual or a drug-user," she said. "There are people like me, and there will be more and more. It's very scary."

Waves of infection

How scared *should* women really be? As we move into the second decade of the age of AIDS, the numbers at first look reassuring: Women make up only 8,727 cases of the total known AIDS victims (4,977 have died). Most women who have AIDS are in high-risk groups: Fifty-two percent are intravenous (IV) drug-users who shared needles with infected addicts, and 30 percent had sex with infected drug-users, bisexuals, hemophiliacs, HIV-positive transfusion recipients or men from Haiti or Central African countries, where AIDS is prevalent. In 8 percent of the remaining cases, doctors don't know how the women became infected, but another 10 percent contracted it through blood transfusions.

"Not everyone who has AIDS is homosexual or a drug-user. There are people like me, and there will be more and more. It's very scary."—Jean Smith

Fortunately, it is now virtually impossible to contract AIDS from a blood transfusion; since 1985, blood donations have been screened for the virus.

However, since symptoms can take up to 15 years to appear, experts say we may see more cases like Jean's through 2000. And that's the key concern: The numbers for women, while still low, are creeping upward, going from 6 percent of reported cases in 1982 to nearly 9 percent today. "We are seeing waves of infection," says Mathilde Krim, Ph.D., founding co-chair of the American Foundation for AIDS Research, headquartered in New York City. "First we saw an AIDS population of gay men, hemophiliacs, and drug-users. They have infected their female partners."

As a result, doctors are increasingly focusing on women. AIDS is already the number-one killer of New York City females aged twenty-five to thirty-four. And it's going to get worse nationally, predicts Mary Guinan, M.D., assistant director of science at the Centers for Disease Control (CDC), in Atlanta, as heterosexually transmitted cases among women will continue to increase so that they may well equal the number of cases in IV drug-users within five years. That means many more unsuspecting women will be infected—and it is why all women must recognize that AIDS *is* a real threat to them.

Why are more women falling ill? For one thing, their sex partners may not have been protected. Gay men, who were the first and worst afflicted, have in many cases become more conscientious about practicing safe sex—using condoms, for example—than have heterosexual males. Therefore, heterosexual women do not always know exactly how endangered they are. "Gay men know they're gay, drug addicts know they use drugs, but unless women themselves are IV drug-users—and therefore *know* they're at risk—the risk comes from their partner and they must rely on him to be honest about his past," says Susan Lloyd Schulz, a spokesperson at the CDC. Not all men, of course, will be completely frank about their pasts, and some women are too timid—or too infatuated—to ask.

Horror stories

Alison Gertz was one such unsuspecting victim. Gertz, twenty-three, is an illustrator who lives in New York. She grew up in a wealthy Park Avenue family, and believes she got AIDS from having sex once, seven years ago, with a bisexual man who later died of AIDS. "It was one romantic night," she says. "There were roses and champagne . . . I only slept with him once."

Another—a thirty-year-old New York investment banker, Sue Jones*—became infected four years ago after having sex with a man she met during a Club Med vacation. He was the fourth man she had ever slept with in her life.

"It's a tragedy," says Jerome Groopman, M.D., Sue's doctor and a leading AIDS specialist at Boston's New England Deaconess Hospital.

Dr. Krim notes that many physicians are preconditioned to watch for the warning signals they see in gay men, such as the purple lesions from Kaposi's sarcoma, a type of cancer that women very rarely get. They may not even recognize that a woman who is tired and run-down or plagued by a persistent vaginal infection might have AIDS. Gertz's symptoms, for example, started with fever and diarrhea, but her doctor didn't consider testing her for AIDS until she had been incapacitated for nearly a month. "I have heard too many horror stories about women who were kept in hospital beds for weeks until their doctors thought to test for AIDS," says Krim.

This lack of awareness on the part of both patients and doctors is particularly critical because there are indications that it may be easier for a woman to catch AIDS from a man than vice versa. Vaginal secretions may be less heavily laden with the AIDS virus than semen. The vaginal lining may also be more receptive to the virus than is the skin of the penis.

Some research findings also suggest that women with AIDS die faster than men. Studies indicate that males may be diagnosed earlier in the course of the disease; this could be partly because many male AIDS victims are white, middle-class, relatively affluent, and have ready access to medical care. Female victims, on the other hand, tend to be poor minority-group members who, lacking access to good health care, wait longer to obtain treatment.

Perhaps even more frightening is the fact that a woman can pass AIDS on to her unborn children. "Up to thirty-five percent of babies born to HIV-infected women are infected themselves," says Susan Lloyd Schulz. "And many will develop full-blown AIDS."

Experts say the use of crack—a cheap, highly addictive, smokable form of cocaine—promotes the reckless behavior that can put a woman at risk. "When a woman is high, she may have sex more *(continued)*

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(continued) indiscriminately," says Lloyd Schulz.

How high a risk?

Of course, most women don't use crack or have anonymous sex. So what are your odds of contracting AIDS? While no specific statistics are available, you can make some estimates. People who live in urban areas that have high rates of drug use, teenage pregnancy and sexually transmitted diseases are at increased risk for heterosexually acquired AIDS infection, say public-health advisers at the CDC.

That is not to say that any woman who lives in a large city should panic, however. According to an analysis by Norman Hearst, M.D., and Stephen B. Hulley, M.D., epidemiologists at the University of California, in San Francisco, a woman who has sex only once with an infected man has one chance in five hundred of becoming infected with the HIV virus. She can reduce her chances to one in five *billion* if her partner is at lowest risk—meaning he uses a condom, is not bisexual, promiscuous or an intravenous drug-user, did not receive a blood transfusion between 1978 and 1985—*and* if he is tested and found free of the AIDS virus.

"Up to thirty-five percent of babies born to HIV-infected women are infected themselves. And most—if not all—will develop full-blown AIDS."

—AIDS expert

Who should be tested?

How can a woman improve her odds? Experts like Dr. Krim advise nonmonogamous, sexually active women to insist that their partners use condoms. Difficult as it may be to bring up the subject, it is even worse for a woman to find out—too late—that a man she assumed was healthy was not.

Many experts say a woman should be tested if she had a blood transfusion between 1978 (when the virus entered the country) and 1985 (when screening began). They also recommend testing if a woman learns that her husband is bisexual or nonmonogamous or if she had an affair— even a one-night stand—in the past six or seven years with a man who *might* have been bisexual or an IV drug-user. Most people who are infected with the AIDS virus will have a positive test within three to six months after being infected.

Until recently, many who suspected they'd been exposed did not want to be tested, believing it would simply be too devastating to learn the awful truth. But now experts say that in addition to protecting their sexual partners, there are other good reasons for men and women to find out their health status.

While there is not yet a cure for AIDS, doctors are now able to prolong lives and relieve suffering—*if* they know a person harbors the virus.

The only treatment for AIDS that has won Food and Drug Administration approval is *azidothymidine* (AZT). This drug, which slows down the replication of the AIDS virus, has been shown to extend many lives. It has also been proven that AZT can delay the onset of AIDS in people who have tested positive for the HIV virus or who already have mild symptoms.

Some lives are also being extended with a new aerosol form of the drug pentamidine, which has been found to prevent pneumocystis carinii pneumonia—a disease that used to kill the majority of AIDS patients. Until recently, the drug was given only in injectable form, to people who had already developed pneumocystis, although they, too, can benefit from the newer formulation. Researchers are also optimistic about several still-experimental treatments. One—a drug called CD-4—is a genetically engineered substance that destroys the virus. Other treatments now being tested include a drug called ddI, which is similar to AZT, and a protein called compound Q, which is derived from the root of the Chinese cucumber. Compound Q seems to kill only AIDS-infected cells, leaving normal cells alone.

"One of the first things I discuss with patients is the *change* in AIDS," says Nathaniel Pier, M.D., a New York physician with a large AIDS practice. "It's still a terribly serious disease," he says—but it's not entirely unrealistic for a person to think she might survive it. Medical progress is being made, Pier points out, "and if we can keep people alive for two or three years longer, there's a good chance they will benefit from the treatments now being tested."

Finding a balance

At this point, women must strike a balance between caution and terror, says Dagmar O'Connor, a sex therapist at St. Luke's–Roosevelt Hospital Center, in New York. Some women are letting the specter of AIDS ruin their lives, she says, whereas others are too casual about the threat. O'Connor believes some women are using their fear as an excuse to avoid sex and intimacy, and may even instill a fear of sex in their children. One four-year-old child she knows recently described sex by saying,"The man puts his seed in the woman, the woman has a baby, and then she dies."

O'Connor—who runs a support group for the sexually inexperienced—says women are starting to feel more proud than embarrassed about virginity because it means that they are clean.

Some women are practically obsessed with the disease. One Washington medical editor, who is single, takes an AIDS test every six months, just to make sure she's disease-free. Henry Murray, M.D., chief of the division of infectious diseases at the New York Hospital-Cornell Medical Center, in Manhattan, says he sees many such women, whom he calls "the worried well." So far, none of the ones he has tested were infected. Still, he says, he'd rather women erred on the cautious side.

Alison Gertz agrees. She is trying to get the word out to others like herself, heterosexuals who "feel invincible." Gertz is making public-service announcements, giving speeches and interviews, and fund-raising to fight the disease. "All of the AIDS articles are about homosexuals or people on drugs, and a lot of people just flip by them. But I could be one of them, or their daughter. They can't turn the page on me." ■

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WOMEN in the '90s
HEALTH

"I CAN'T HAVE BREAST CANCER—I'M ONLY 35!"

Although breast cancer is usually considered a disease of older women, the number of cases in those under fifty is rising. Here, a report on this disturbing trend and what you can do to protect yourself





Nancy Barton had a mastectomy when she was only twenty-six. Jodi Gossage, with her daughter Melissa, was diagnosed with breast cancer at thirty-six. She felt an "enormous loss" when she learned that she could never have another child

Ken Frick

By Marie Dawson

One day last summer, Susan Markisz, a New York portrait photographer, was happily playing tag with her two children, eight-year-old Christopher and four-year-old Katy. As Christopher tumbled toward his mother, she instinctively put her hand across her breast to shield herself. She felt a small lump—and a giant stab of alarm.

Soon afterward, she went to her doctor. The cyst proved malignant, and two weeks later Susan had a modified radical mastectomy of her left breast. Months afterward, she was still struggling to understand. How could it happen to her, she wondered—she was only thirty-five. Surely she was far too young to be battling breast cancer.

"When Katy said, 'Mommy, if you die, I want to die next to you,' I felt so sad and angry," recalls Susan. "Why should such a little girl have to learn the realities of life so early?"

But more and more women like Susan are going to be facing that reality, because breast cancer is on the rise among females between the ages of thirty and forty-nine. (Forty-year-old actress Kate Jackson, for one, was diagnosed with the illness last summer and underwent a modified radical mastectomy, as Susan did.)

Breast cancer has long been a leading killer of women over fifty, second only to lung cancer. But of the estimated 142,000 women who will be diagnosed with the disease this year, thirty thousand will be between thirty and forty-nine years old; a third of this group will die.

What's more, the odds have grown increasingly alarming: American Cancer Society statistics for 1986 measured against 1976 showed increases in cases for every age group upward of thirty; the incidence of breast cancer among women aged thirty-five to forty-five jumped ten percent. In 1970, a woman's chance of getting the disease in her twenties, thirties or forties was one in sixty. By 1985 that had narrowed to one in fifty. By the end *(continued)*

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BREAST CANCER
continued

of the nineties, it could be one in forty.

Some doctors believe these statistics may simply be due to better and earlier detection. But others, like Michael Moore, M.D., a breast surgeon at New York's Memorial Sloan-Kettering Cancer Center, feel there is indeed cause for concern. "We are clearly getting a bigger distribution of the disease in young women today," he says. "Something is impacting a young woman's immunity, and no one knows for certain what it is."

Assessing the risk

Unquestionably, family history is one of the biggest risk factors for breast cancer in women of any age. Women with a mother or sister who has had the disease are two to three times more likely to develop it themselves. Other risk factors: early menstruation and late menopause. However, 75 percent of women who develop the disease have none of these risk factors, a fact that continues to baffle researchers. And although scientists are unsure why breast cancer is striking younger women more often, several triggers are indicated:

- **DELAYED CHILDBIRTH** Many doctors argue that pregnancy affords some protection against breast cancer, by providing a respite from the monthly bombardment of the female hormone estrogen that takes place during menstruation. (Excessive amounts of estrogen have been linked to breast cancer.) During pregnancy, a woman produces little estrogen but high levels of another female hormone, progesterone; this balance has been shown to have a protective effect on breast tissue. Nursing a child sustains this effect even longer. Delaying a first pregnancy, on the other hand, as many women now do, may leave them at higher risk longer.
- **DIET** Some researchers speculate that a high-fat diet might be related to excessive estrogen production and thus have some bearing on breast cancer, though the association between fats and the disease is still not clearly understood. Some experts believe that what a woman eats during adolescence may affect her cancer risk later on. The fact that fat consumption was high in the fifties and sixties means that many women now in their thirties ingested a lot of fat during the critical adolescent years. Moreover, "Many American women still get far too many of their daily calories from fats—about 40 percent. The ideal would be around 20 percent," says Dr. Moore. Some studies have also suggested that alcohol consumption may be linked to breast cancer; other studies, howe show no such association.
- **THE PILL** A whole generation of w en now in their thirties and forties taken oral contraceptives at one t or another, and some scientists bel there is a link between breast ca and the Pill. As yet, however, the no definitive evidence to support t One reassuring fact *has* been es lished: The Pill today is considera safer than it was twenty years because its estrogen doses are so m lower.
- **STRESS** Anthony Antonacci, assoc professor of surgery at New York H pital–Cornell Medical Center, many variables contribute to why woman is stricken with breast ca and another escapes. "We must con er the individual woman and what been going on in her life," he s "Let's speculate that a woman wit family history of the disease might h some genetic inclination to breast cer. If certain stresses are piled on t that and she's not taking care of he properly—all it needs is for that irregular cell to be missed by her mune system for the process to sta

(See "How breast cancer sta on page 110.)

- **LACK OF PREVENTIVE CARE** Still anot key factor in the seeming surge younger

(continued on page 1

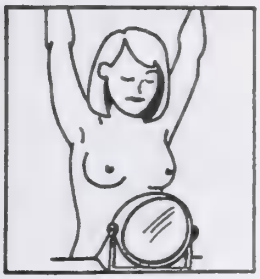


Screening rules to live by

From the American Cancer Society

AT EVERY AGE: Examine your breasts monthly a week after your period ends, using these guidelines

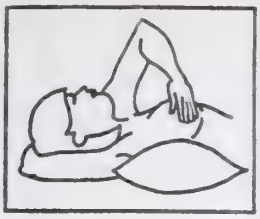


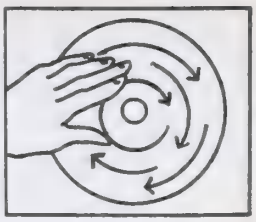


the shower Fingers flat, gently slide your hands over every part of each breast, using your right hand to examine the left breast, your left hand for the right breast. Check for any lump, hard knot or thickening.

fore a mirror Inspect your breasts first with arms at your sides, then with arms raised high overhead. Look for changes in contour of each breast, swelling, dimpling of skin or nipple changes.

ng down To examine right breast, put a pillow or folded towel under right shoulder and place right hand behind your head. With left hand, fingers flat, press gently in small, circular motions around an imaginary clock face. Begin at





outermost top of right breast for 12 o'clock, then move to 1 o'clock, and so on round the circle. Move in an inch toward the nipple, and keep circling to examine every part of your breast, including nipple, making at least three more circles. Repeat procedure on left breast. Or examine breasts vertically, moving fingers in an up-and-down pattern. Either way, finish by squeezing each nipple gently between thumb and index finger. Report any discharge immediately to your doctor.

PUBERTY TO AGE 40 Have a breast exam by your doctor at least every three years and a baseline mammogram between the ages of 35 and 39. Make sure your doctor keeps a copy of the findings with your chart.

AGE 40-49 Have annual breast exams and a mammogram every one to two years.

STARTING AT AGE 50 Have annual breast exams and mammograms.

For more information about self-exams, ask your doctor to instruct you in the proper technique or call your local American Cancer Society for instruction pamphlets. Some local hospitals also conduct classes.



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BREAST CANCER

continued from page 106

ast-cancer victims is that they are likely to get mammograms, the -dose X-ray that can detect lumps g before they can be felt. Kate Jack- discovered her breast cancer this and went public "in order to en- rage early detection of breast dis- e through mammography." Her gnosis is excellent.

et surprisingly few women take antage of this technique: A Nation- ancer Institute survey showed that 37 percent of women over forty ever had a mammogram, and only percent had had one in the past r. Why? Some women fear the radi- n—now less than that of a dental ay—some say they are too busy, others believe breast cancer can er strike them.

notional scars

en breast cancer *does* strike, it is htening for a woman of any age. to a young woman, who still has t of her life ahead of her, it can n especially cruel. To feel vibrantly lthy and in control of one's life one and to be discussing survival tegies with a breast surgeon the t may cause an exhausting series of emotions: denial, depression, rage, grief, sadness and terror.

"You think you have all these options," says one forty-three-year-old patient. "You can have the career you want, marry when you want, have kids when you want. Then you get breast cancer, and in a second your world has shrunk."

Still another agonizing result of the illness is the loss of fertility that may be caused by chemotherapy, which involves powerful drugs that are administered to kill any lingering cancer cells after breast surgery.

Sally, an architect living in Pittsburgh, developed breast cancer twelve years ago, at age thirty-one. Newly married, she and her husband had been looking forward to starting a family. "I was so afraid of dying. I went through chemotherapy just so thankful that the treatment was giving me life," she says. "It wasn't until later that I realized what I had lost in the process. Losing my fertility was a terrible blow, but the biggest disappointment was when my husband and I tried to adopt a baby. No one wanted to work with us because I'd had cancer. I was in despair." It took nearly eight years, but eventually Sally and her husband were able to adopt a little girl.

In other cases, the pain of becoming infertile is not lessened by the fact that the woman is already a mother. Jodi Gossage, a public-relations executive in Columbus, Ohio, developed breast cancer at age thirty-six. She became infertile after being treated for cancer with tamoxifen, a drug that blocks estrogen utilization. In Jodi's case, as in many others, the treatment brought on infertility that may or may not be temporary. "I felt such an enormous sense of loss that I could never again conceive," she recalls. "If I hadn't had my daughter, Melissa, I would have been heartbroken."

Sex after breast cancer

Besides the seeming loss of control over their lives, sexuality is another major issue for younger women who have had a mastectomy. For many, breasts represent a woman's strongest symbol of herself as a sexual being. Trying to have relationships while feeling unattractive and less than whole can be overwhelming.

Linda Dackman, a museum public-information director living in San Francisco, had a mastectomy at age thirty-four. She was so incensed at the lack of help for single women struggling to reassert their self-esteem that she wrote a book about *(continued)*

it. *Upfront: Sex and the Post-Mastectomy Woman* (to be published by Viking in February) chronicles her return to relationships after breast surgery.

"If you get cancer at a young age, you're still very caught up in the idea that as a woman you're attractive only if your body is perfect," she says. "I had to rebuild my self-esteem around the fact that my body was flawed. I had lost a breast and experienced a terrible sense of being disfigured and therefore less worthy. But I made myself work through all the negative feelings, and eventually they healed." Now thirty-nine, she is romantically involved with someone.

Nancy Barton, a secretary in an architectural firm in Columbus, Ohio, had a double mastectomy at age twenty-six. For her, the prospect of trying to "get back out there" brought on a major depression. "When I went out with friends to dances and bars, I couldn't relate to men anymore. If someone talked to me, I'd start thinking, If he knew the truth about me . . . and I'd get depressed and go home. Finally, I ended up staying home all the time. It was too painful going out. I felt men were staring at *(continued)*

HOW BREAST CANCER STARTS

Like other cancers, it begins with a single irregular cell. A bad cell is like a traveler without compass or road map—it has mislaid its genetic instructions and spins into a frenzy of uncontrollable dividing and changing. It also invades neighboring tissues, where it mutates again. The cells that are most likely to grow in that manner are the ones that divide most often. And the breast may be especially vulnerable, because the milk ducts (the tiny passageways that carry milk to the nipples) are lined with such cells, which divide in response to each phase of a woman's monthly cycle. Cancer can also start in the lobes, or the milk-producing parts. Paradoxically, high levels of estrogen, a female hormone and the lifeblood of a woman's reproductive system, can help bad cells grow.

When cancer is in situ, confin to the inside of a duct or lobe, it virtually 100 percent curable by su gery. But if the cancer spreads b yond the breast and lymph nodes, is considered systemic. The lympha system is a key route for the spre of the disease, as cancer cells g swept along to the lymph nodes u der a woman's arm and from the invade the body. The bloodstrea can also carry cancer cells to t lungs, liver, spine and bones.

Not all growths are cancero some women develop cysts that w remain benign. These cysts, consi ing of fibrous tissue, are caused ov time by the repeated montl changes. They are most easily f just before a woman's period a can make the breasts especia tender.



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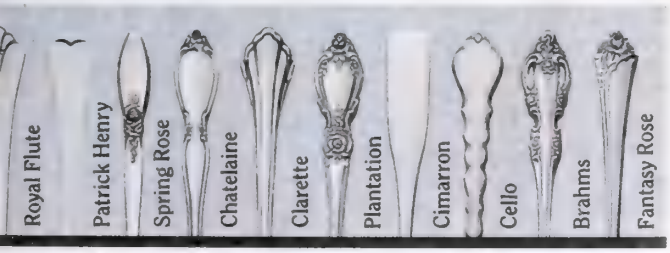
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BREAST CANCER
continued

me and seeing this terribly disfigured woman."

But once Nancy began breast reconstruction, her depression evaporated. "I was so excited at the idea of having two perfect sixteen-year-old breasts, I found the courage to go out again."

Telling the children

Young women who are diagnosed with breast cancer and have small children must deal with more than their own illness: They also have to monitor the emotional effect such news will have on their kids.

Experts say that it's important for a mother not to blame herself for her disease or to feel she has to bear the whole burden alone. "If a mother gets breast cancer, then it's like any other adversity that befalls a family. It's a group event," says Dr. Ellen Taylor, a child psychologist at Lenox Hill Hospital, in New York. "As long as she communicates to her child that she loves him or her and that the child will be taken care of, there will be minimal long-term damage to that child."

In fact, children can provide the inspiration and determination a woman needs to battle her illness. That's what forty-year-old Linda Morrison, of Delaware, Ohio, mother of a twenty-one-month-old girl and ten-year-old boy, discovered earlier this year when she underwent a mastectomy. "You never think bad things will happen to you, but they do," she says. "I just feel so happy to be alive. I tell myself every single day, 'I'm going to live. I'm going to see my children grow.' "

Jill, a Pennsylvania writer who developed breast cancer at age forty-three, says she could not have endured the illness without the support of her kids. "My children always made sure they were home the day I had a chemo treatment," she says. "They were determined to get me through."

Treatments and options

The most reassuring news today for a young woman with breast cancer is that surgery can be much less invasive. Depending on a number of factors, women may be eligible for a lumpectomy or a segmental mastectomy, which removes the tumor, a margin of surrounding tissue and the lymph nodes. Other patients may need a simple mastectomy, which removes the breast but leaves the nodes, or a modified radical mastectomy, which removes the breast and lymph nodes.

Breast surgery is often followed by radiation therapy, chemotherapy, mone therapy or a combinatio treatments. In addition to inferti chemotherapy may cause distres side effects such as hair loss, na and weight gain. But Lawrence W erham, M.D., associate project dire for the National Surgical Adju Breast and Bowel Project, in P burgh, asserts that chemotherapy temporary inconvenience for long-t gain.

Many women who have a mast my undergo reconstructive surger some point. Among the most com options are silicone or saline impla and a procedure known as a T Flap, in which muscle, skin and f taken from a woman's abdomen buttocks and moved to her chest w

There are advantages and d backs to each method. While an plant can be a relatively simple op tion with generally favorable res as with any surgical procedure, it not be appropriate for everyone, hard scar tissue can form aroun implant. While a Tram Flap can duce impressive results, the proce is difficult and involves a lengthy o ation.

Nonetheless, for most women re struction is the beginning of an ward swing. Says Lloyd Hoffm M.D., head of the Division of Pla Surgery at New York Hospital-Co Medical Center, "We can never gi woman back the breast God gave but we can help her love her again and restore her self-esteem."

A new perspective

Learning to love yourself and othe just one barrier that patients n cross as they learn to live again.

Says Jimmie Holland, M.D., chi psychiatry at Memorial Sloan-Ke ing, "Breast-cancer patients n counseling and support. We wor help a woman reestablish a sens herself and her identity. We help to focus not on what is lost but ra to look at the big picture: life."

Like many women in her situat Susan Markisz, who recently retu from her family's first trip to Eur has focused more intently on her making each day her first priority . "If breast cancer teaches you thing," she says, "it's that there's time like the present. It also tea you what's really important. For that means my family, my photo phy—things that give me joy and p sure. I intend to live and really e my life. I see each day as a blessing

Marie Dawson, a writer based in York City, has a special interest in chology and health.

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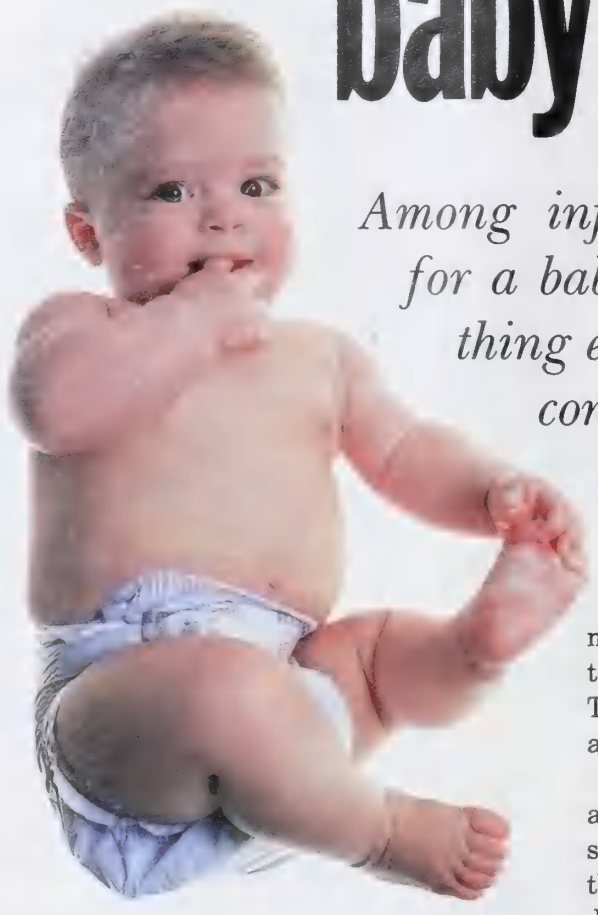
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The baby chase

Among infertile couples, the desire for a baby can often eclipse everything else in their lives. That all-consuming desperation has also created a booming—and unregulated—industry



Penny Gentieu

By Katherine Barrett and Richard Green

Spencer and Lauren are an attractive, affectionate New Jersey couple who married in their late thirties after a whirlwind romance. If you saw them in the supermarket or the mall, you'd never guess that they are both addicts. Their dependency doesn't involve illegal drugs or liquor, but an equally powerful obsession: the overwhelming desire to have a baby of their own.

Labeled as infertile six years ago, they have since subjected themselves to a seemingly endless stream of treatments: drugs for Lauren, drugs for Spencer, artificial insemination, in vitro fertilization (IVF). Sex has long since ceased being a spontaneous act of love; now it's just a means to an elusive end.

So far they've spent $45,000 on their quest; every month, it costs another $1,900. Their medical insurance company cut off their infertility treatment coverage in December 1987. They've used up every ounce of credit available and borrowed heavily from their family.

When will they stop? "Look at all the time, agony and money we've put into this already," says Lauren, now forty-three. "It's like playing the lottery. You just know that the week you don't buy your ticket will be the week your numbers come up."

She knows they must stop eventually, yet asks, "How *can* we, when it could happen next month?"

For many people, of course, it does happen. But a diagnosis of infertility has started thousands of other couples on a roller coaster of indebtedness, emotional trauma and lost privacy. "It's very easy to become addicted to treatment," says Linda Salzer, a social worker and author of *Infertility: How Couples Can Cope*. "There's always something new to try—new tests, new treatments. It takes over your whole life."

Desperate couples of all ages have spawned a booming business in infertility *(continued)*

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THE BABY CHASE
ontinued

ices—a highly competitive, unreg-
ed $1 billion-a-year industry—and
that's increasingly troubled by
eading claims or outright fraud.
ffice visits for infertility-related
lems have jumped from about half
llion a year twenty years ago to
over 1.6 million a year now, ac-
ing to a 1988 report from the con-
sional Office of Technology Assess-
t (OTA). And the number of physi-
s who belong to the American Fer-
y Society (AFS) has ballooned from
0 in the mid-seventies to 10,300
y. (The society is open to any pro-
onal with an interest in reproduc-
health.)

hough some of these treatments
covered by insurance, the remain-
costs can be numbing. A patient
has gone through comprehensive
ng, fallopian-tube surgery and, fi-
y, IVF (a $5,000-per-try procedure
hich the sperm fertilizes the egg
ide the woman's body) can expect
end as much as $20,000. And long
re the bankbook is empty, many
les are left emotionally bankrupt.
aty, thirty, an office manager in a
Jersey accounting firm, is ecstati-
awaiting the birth of her first child in January. But she hasn't forgotten how difficult the infertility-treatment process was for her and her husband. She says it nearly ruined sex between them ("you certainly don't do it for enjoyment"), and she couldn't bear to see friends who had children. "People don't understand the trauma and expense," she reflects. "They don't know what it's like to try for forty-eight months. Forty-eight unwanted periods. It destroys everything."

Behind the numbers

Technically, the word infertile is reserved for couples unable to become pregnant after a year of unprotected intercourse. But curiously, despite all the attention paid to the so-called infertility crisis, the foremost experts in the field say that the overall infertility rate has not risen since 1976. According to the National Center for Health Statistics, there was an increase in infertility rates between 1965 and 1976—from about 15 percent of childless couples to 18 percent—largely due to an increase in sexually transmitted diseases and the use of the IUD. But the percentages have changed little in the last thirteen years. And the chances of secondary infertility (in couples who already have one child or more) have actually declined since 1976—from 8 percent to 6 percent.

What certainly has increased, however, is the number of older couples who are now trying to conceive—and these baby boomers are willing to spend any amount of money and try any technique to achieve what they want.

Simply put, women over thirty-five are nearly twice as likely to be infertile as women under thirty. The specific odds of primary infertility: for women ages forty to forty-four, 27.2 percent; ages thirty-five to thirty-nine, 24.6 percent; ages thirty to thirty-four, 13.6 percent; ages twenty-five to twenty-nine, 8.7 percent; ages twenty to twenty-four, 10.6 percent.

According to William Mosher, a statistician with the National Center for Health Statistics who is responsible for the leading studies on the extent of infertility, it's much more likely today that infertile couples will go for treatment than they would have in the past, accounting for some of the increased demand for services. "In 1965, if they told the doctor they couldn't conceive and asked what he could do for them, he might have said, 'Little or nothing.'" says Mosher. "Now, he might rattle off a series of twenty procedures."

Mosher also cites public *(continued)*



consciousness as key to the growth of the infertility business. "Every time a major newspaper or magazine publishes a new story on techniques to help infertile couples, people's awareness of them increases."

The encouraging news is that all these new treatments have helped many couples to have a biological child. However, the overall success rate is less than comforting: According to the OTA, about half the couples who seek treatment will be unsuccessful.

Obviously, such a high failure rate is in large part due to the simple limits of medical science. For example, even the best surgery for damaged fallopian tubes is effective only about 30 to 60 percent of the time. When both partners have infertility problems, success rates plunge. And some techniques (though popular) are barely beyond the experimental stage.

"It's very difficult for a physician to say, 'There is nothing more we have to offer. We don't know how to help,' " says Robert W. Rebar, M.D., professor and chairman of the department of obstetrics and gynecology at University of Cincinnati College of Medicine. "But in our field there really is quite a lot we don't know."

For instance, a $2,500 surgery to correct varicose veins of the testicles—present in about 20 percent of eighteen-year-old men—usually improves the man's sperm count and quality, but studies so far are contradictory as to whether it actually improves pregnancy rates, according to Rebar.

Then there's intrauterine artificial insemination, in which sperm is directly deposited in the woman's uterus instead of the vagina. Though scientific studies have not shown it to be more effective, a growing number of doctors prefer it to the traditional treatment even though it is more costly. Lauren's doctor, for example, charged $320 a month for two tries, as opposed to $120 for the standard version.

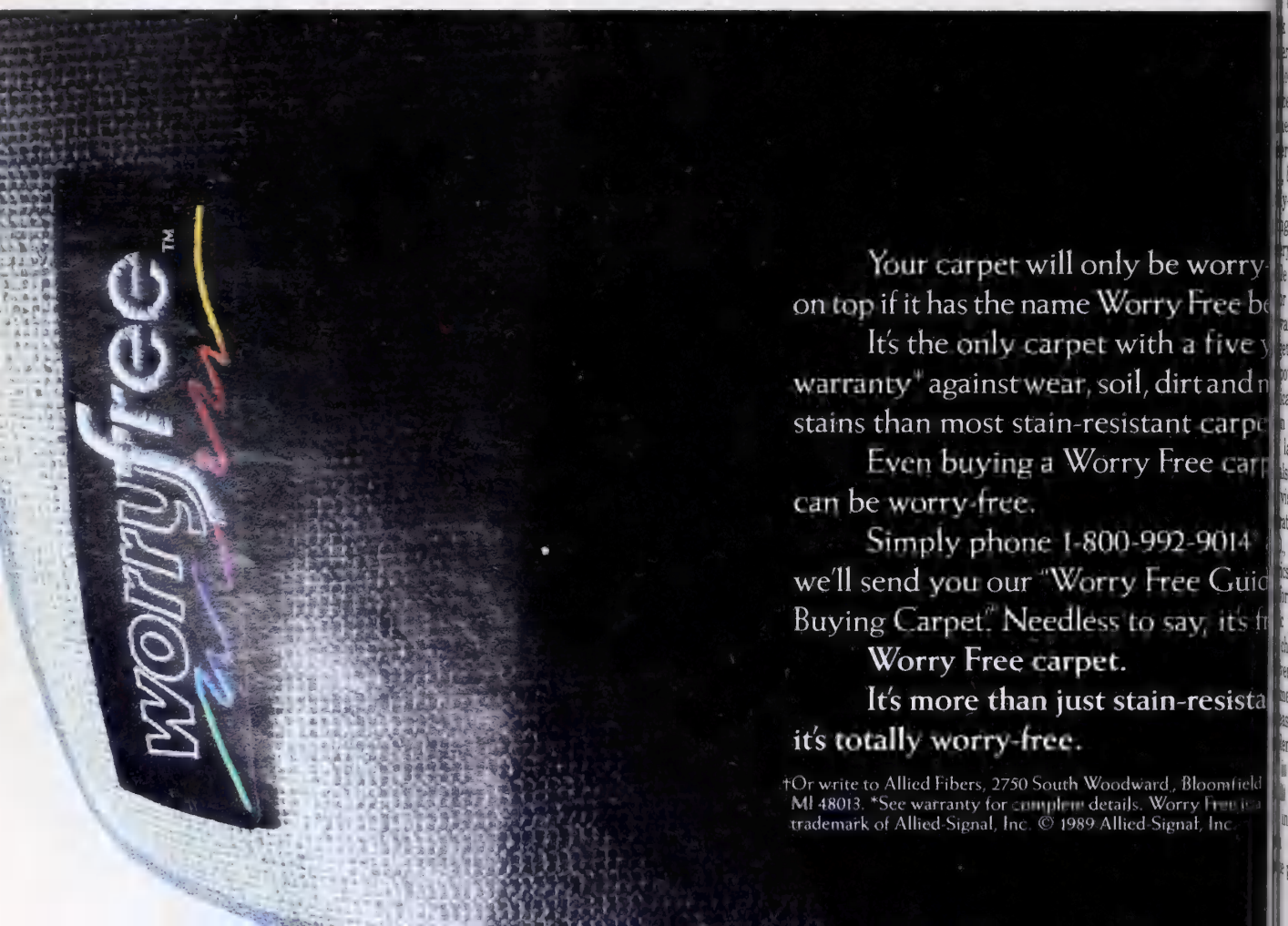
Similarly, many hopeful women have come to view IVF, GIFT and ZIFT as a magical last resort. But they are still long shots at best. (The difference between GIFT and ZIFT has to do with where fertilization takes place. In GIFT—gamete intrafallopian transfer—doctors collect one or more eggs from the mother and sperm from the father and place them in the mother's fallopian tube, where fertilization normally occurs. In ZIFT—zygote intrafallopian transfer—doctors remove one or more eggs from the woman, fertilize it with her husband's sperm in a oratory, then place the embryo in fallopian tube of the mother or a su gate. The story of the nation's ZIFT-surrogate baby appeared in October *LHJ*.)

Truth in advertising

According to congressional hear chaired last spring by Representa Ron Wyden (Democrat-Oregon), about 9 percent of women who und IVF treatments have had a baby result. Equally alarming, when OTA looked last year at 169 cen that offer in vitro services, less t half had produced a single succes pregnancy. (Actress Jobeth Willi testified at the hearings; see her s on page 124.)

Some clinics try to hide these fa They cite the number of pregnan that have resulted from their wo not the number of live births. Sinc least a third of these conceptions in miscarriages, the pregnancy-rel numbers are deceptively rosy.

"There's an incredible opportu for those who want to exploit," Wyden. "You have desperate cou new technology, large sums of m to be made and absolutely no reg tion. For those who want to take vantage, this is a really ripe oppo



' Wyden adds, "My concern is that
etter move now because this prob-
is going to grow. Where there is
ccountability and no overseeing,
e on your way to trouble." Wyden
s to draft legislation to regulate
yo laboratories.

ready market of patients, high
comfortable hours and a low liti-
n rate (in essence, there's little
for legal damages if infertile cou-
are still infertile after treatment)
induced droves of physicians with
or no expertise to call themselves
ility specialists.

· example, some undertrained
cians may ignore the obvious:
neglect to check the man's sperm
before beginning treatment on
oman, although up to 40 percent
ertility cases involve male prob-

"Unfortunately, even today,
women go as far as having sur-
without ever having their hus-
s tested," says Diane Clapp, medi-
information counselor at RE-
E, an infertility support organi-
n. A growing number of
rchers also think that bacterial
ions often cause infertility, but
doctors don't think to check for
and administer antibiotics (see
st *LHJ*, "The bacteria that hate
n"). Other practitioners don't
one treatment sufficient time to
before beginning another.

rticularly common, critics say, is
veruse of fertility drugs. Chlomi-
citrate (sold under the brand
s Clomid and Serophene, among
s) unquestionably spurs ovula-
out some doctors give it automat-
—even when the women are ovu-
perfectly well on their own. "It's
y abused medication," says Ma-
Seibel, M.D., an associate pro-
of obstetrics and gynecology at
ard. "Every day I hear about peo-
tting it unnecessarily. And there
otential side effects. It can make
al mucus dry up and cause ovu-
to become less than optimal."

large doses, chlomiphene citrate
so cause emotional ups and downs
ision problems. And last year, a
tory study by Gerald Cunha,
a professor of anatomy and ob-
s-gynecology at the University of
rnia, San Francisco, raised an
possibility: The study indicated
hildren born to mothers who were
ertently given the drug after they
e pregnant might someday be at
sed risk of reproductive-tract
ms themselves.

s especially dangerous for an in-
woman to fall into the hands of
ncompetent surgeon. Scarring
unsuccessful operations can
pregnancy nearly impossible. In



fact, some studies have found that women who have had multiple tubal surgeries have less than a 10 percent chance of conceiving.

Yet some doctors feel they can operate after taking only a weekend course in the practice of infertility treatment. (These are offered by some universities as part of continuing medical education.) According to an article in *Fertility and Sterility*, an AFS publication, "Participants may return to their community and begin to do microsurgery or laser surgery without selecting the appropriate patients or understanding the limitations of the procedure or the potential for complications."

Exploiting the hope

Most cruel for infertile couples, certainly, are the occasional situations involving misrepresentation by doctors. Take the bizarre case of Cecil Jacobson, M.D., an infertility specialist in Vienna, Virginia. He was accused by both the Virginia Board of Medicine and the Federal Trade Commission (FTC) of falsely telling patients that they were pregnant and then that they had miscarried.

Dr. Jacobson has not admitted to any of the charges, nor have any been proven in court. Still, in separate consent orders with the Virginia Board of Medicine and the FTC, he agreed not to practice medicine for five years and to pay $250,000 to help compensate former patients.

Vicki Eckhardt, thirty-five, was one of Jacobson's patients from 1983 to 1986. She and her husband, Bill, estimate that they and their insurance company paid $8,000 to $10,000 to Jacobson's genetics center for therapy, which involved frequent injections of a hormone called HCG (human chorionic gonadotropin).

Seven times during the four years Vicki saw him, Jacobson told her she was pregnant. Each time, she gained weight immediately and within weeks was wearing maternity clothes.

Whenever the couple visited Jacobson's office, the doctor would circle in green pen a tiny dark spot on the ultrasound picture that he identified as the developing embryo. Inevitably, however, after two to three months, the doctor would tell the couple that the fetus had been "reabsorbed" by the uterus, and urge them to try again. Vicki later learned from other doctors that the HCG may have caused her body to become bloated, mimicking the effects of pregnancy, and that in all probability she was never pregnant at all.

How could Vicki and Bill, an articulate couple who own their *(continued)*

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HE BABY CHASE

ntinued

business, have continued on Ja-
n's course of treatment for so
"You're just so vulnerable when
e infertile because all you live for
t baby," says Vicki. "You give me
nce of hope, and I'll jump on it
se I want that baby so much."
this way, they were no different
legions of other couples who are
ng the baby chase. "Infertility
s out the obsessive-compulsive in
us," says Linda Klempner, a psy-
erapist who heads Infertility and
arriage Counseling Services, in
eck, New Jersey. "There's always
ement of hope to keep you going."
h compulsion can make these
e their own worst enemies. Re-
ible doctors often encounter cou-
who will press them for treat-
—even when the M.D. recom-
s none. "Couples put physicians
r tremendous stress to do *some-*
—even though doing something
be no more help than doing noth-
says Dr. Rebar. "If you don't give
the answer they want, they'll go
someone else."

en Colleen, a thirty-three-year-old
York art teacher, suffered a miscar-
she jumped into infertility treat-
four months later. "My miscarriage
motionally very painful," she says.
ught I could take away that pain by
g pregnant again."

en though the specialist suggested
ait a few months before entering
ment, Colleen insisted on having a
oscopy to examine the ovaries and
ian tubes. After finding nothing
g, the specialist told Colleen to wait
er six months. Colleen didn't like
advice and found herself another
alist, who performed a test to see if
ad developed antibodies to her hus-
s sperm. When the test came back
ve, the doctor called to say that her
es of conceiving were bleak.

nically, Colleen was already preg-
when she got the phone call. Today,
dmits that her hectic pursuit of
ility treatment was caused by sheer
"I really pushed my doctors," she
"I was desperate to get pregnant."

need for perspective

rt, couples can blame their obses-
n the notion that we all can con-
ur destinies. Gone are the days
problems, medical or otherwise,
be blamed on fate. "In our soci-
people are very impatient," says
l. "We have fast foods and micro-
s and instant pain relief. And
e are hopeful their infertility
em can also be cured quickly. But
sn't *(continued on page 125)*

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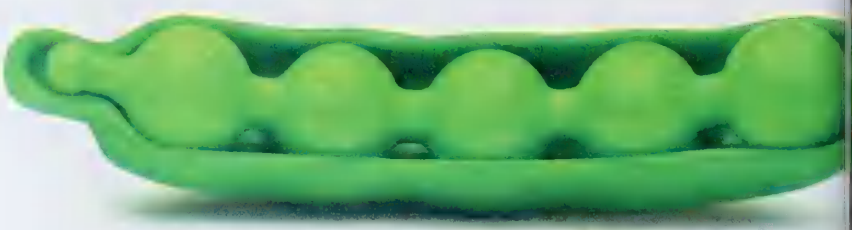
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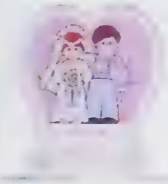
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"Being politically active in the sixties always made me feel I should contribute something to society," says Jobeth Williams

Jobeth Williams: "We still have hope"

Actress Jobeth Williams was once dubbed "Dynamom" in a magazine headline for the many maternal roles she's played. The cruel irony, though, is that as the "Poltergeist" mom was defending her film offspring from perils—ranging from child molesters to evil spirits—she was trying unsuccessfully to have a child of her own.

Now she's taken on what may be her most meaningful role—speaking out on behalf of RESOLVE, a network for those who need information, advice and reassurance about infertility. Williams, thirty-eight, is the group's chairperson for National Infertility Awareness Week (October 8 to 14). And last spring, she testified before a congressional subcommittee investigating the booming business of in vitro fertilization.

Her infertility experience, she says, is not one of the "horror stories" about unnecessary surgery or exorbitant fees. Still, like many other would-be parents, she wasted precious time trying to find the right care.

Jobeth and her husband, director John Pasquin, spent nearly six years trying to have a baby before they adopted their eighteen-month-old son, Will, at the age of four weeks. Those were years of reassuring words from well-meaning ob/gyns, who were relatively inexperienced in infertility; months of rising hopes dashed with the onset of each period.

"I didn't put a label on my problem until about three years ago, because nobody else Williams recalls. "My gynecologists told relax, be patient and I'd become pregnant. only by accident, one night at dinner, happened to discuss infertility with a woman and discovered she was also through what I was going through. She r mended a specialist. That was really somebody began to do something about it

Williams had surgery to remove nine fil from her uterus. Four months later she ecstatic to learn she was pregnant, or miscarry at twelve weeks. Then, follow subsequent GIFT procedure, she had an e pregnancy. "I was one of the unlucky a two percent of women who had ectopic nancy after doing GIFT," she says. No on yet say exactly what her problem is.

"I wish I had known five years ago there was a support group out there," she "And I decided that the best way to help people gain that kind of information is public. I want to help people realize that have to look at this as a medical problem not as an embarrassment.

"You look around and see fifteen-yea



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getting pregnant who don't want to," ms reflects. "You see people with six en who only wanted two. And you say, t the hell is wrong with me? Why am I singled out? Why am I being punished? am I failing at the thing that other normal n bodies can do so easily?' "

e pressure is intense, she admits. "You're ng love by the clock. It stops being an ssion of desire and love on both your —your only objective becomes having a That was very hard. We went through a d of a year where I was being inseminated month, and I would have to rush to the r with a cup of my husband's sperm. He ke a machine, and I did, too."

lliams still dreams of bearing a child day. "That's the incredible thing about ility," she says. "They can tell you, okay, you lost a tube, so you have only a 50 nt chance, or then something else hap- and yet there's this little germ of hope tays inside. We've still got it. We will try to go the in vitro/GIFT route. And if that 't work, we'll try and adopt another baby. st don't give up." —MICHAEL J. BANDLER

THE BABY CHASE

continued from page 121

often the case."

Therapists agree that many people undergoing infertility treatment need to step back in order to truly understand their motives. Perhaps they are merely trying to prove their masculinity or femininity. They need to ask themselves whether the challenge of having a baby has become more important than the goal of becoming parents—and whether they might consider adoption instead of insisting on a baby of their own.

Miracles do happen in this field, and a woman might become pregnant after ten years of trying. But the odds are long, and the price is high. "There are tremendous emotional consequences of continuing medical care indefinitely," says Salzer. "You have to know when it's taking too much of a toll."

What doctors can do

- It may seem hard-hearted, but doctors could help by simply saying no to couples who are destroying their lives to conquer insurmountable odds. Right now, such candor is rare. "Doctors have this notion that once they start treating a patient, they can't stop," says George Annas, a professor of health law at Boston University. "That's not true." And, of course, doctors need to be straightforward with couples about their chances of success.

What couples can do

- Be sure your specialist is qualified to handle your problem. The American Fertility Society has several affiliated specialty societies that have fairly rigorous standards for membership—the Society for Reproductive Endocrinology (if your problem involves ovulation, hormonal imbalances or irregular menstrual periods), the Society for Reproductive Surgeons and the Society of Assisted Reproductive Technology (for IVF and GIFT centers.) To check on a doctor's membership in any of these, write the American Fertility Society, 2140 11th Ave. S., Suite 200, Birmingham, AL 35205-2800.
- Keep yourself informed. RESOLVE, an infertility support organization, can help you achieve a layman's understanding of the field. Write to 5 Water Street, Dept. J, Arlington, MA 02174, for infertility information and a list of the group's fifty-two local chapters.

"You've got to take control," says Vicki Eckhardt, who has learned a great deal from her own bitter experience. "*You've* got to stand up and take charge." ■



WOMEN in the '90s

SUPERSTARS

Move over, superheroes, hired guns and creatures from the deep. Women's movies are back—nineties-style. More than weepies, they celebrate friendship and strength



THE STEEL MAGNOLIAS SCRAPBOOK

By Jill Rachlin and Jeff Rovin

The first "woman's movie" of the decade is not just another four-handkerchief soap opera or carefully orchestrated catfight. Instead, *Steel Magnolias* offers an entertaining—often outright hilarious—tale of small-town life and lifelong friendships. Opening next month, the film, adapted by Robert Harling from his hit play, is based on the bittersweet relationship between his real mother and sister. Sally Field plays the devoted mother; newcomer Julia Roberts is her determined diabetic daughter, who makes the bold decision to have a child of her own. Dolly Parton, Shirley MacLaine, Olympia Dukakis and Daryl Hannah are their four loyal friends. Director Herbert Ross shot this starry story on location in Harling's hometown of Natchitoches, Louisiana, and the sleepy town of seventeen thousand was delighted by the disruption. Not since 1959, when John Wayne came to town for *The Horse Soldiers,* had there been so much excitement. Residents rose early to watch the filming or dined at the two local restaurants just to catch glimpses of the celebrities. Some rented ***(continued)***

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Dolly Parton once again plays a good ole girl—as Truvy, she dispenses perms and advice with equal ease



Shirley MacLaine goes against her optimistic mystic persona to play Ouiser, the cranky town cynic



Real-life mother Sally Field (with Tom Skerritt) understood her character M'Lynn motivations

(continued) their houses out to the stars, while others hawked *Steel Magnolias* T-shirts to gawking visitors.

Although the big names at the center of this hubbub have very different personalities, there was no reported rivalry on the set. In fact, like the characters in the story, they became good friends. We caught up with the stars to put together this scrapbook of memories from their three-month shoot—plus news about their current plans.

Dolly: back to her roots

For Tennessee-born Dolly Parton, playing beautician Truvy Jones means just being herself. She even wears her trademarks: towering hair, spike heels and dragon-lady nails. "Truvy is Southern, bighearted, and has a big mouth and a good sense of humor. She's a hopeless romantic, good ole girl who goes out of her way, even gets in her own way, to make sure everyone else is comfortable," says Dolly. "I thought she was just me had I not left home."

But the tiny Southern town took Dolly a little too close to her Smoky Mountain roots. While she was fond of the cast and townspeople, she found the life somewhat restrictive this time around. "Everybody knows every move you make. It was a little closed-in, to be honest," she says. To keep from getting claustrophobic, Dolly invited her family—she has eleven brothers and sisters—to visit often. Unable to have children of her own after a hysterectomy, Dolly remains close to a passel of young nieces and nephews. Several of them came to see the forty-three-year-old woman they call "Aunt Granny" perform.

Dolly knew she was like Truvy, but also discovered that her on-screen husband, Sam Shepard, reminded h the real thing, her own husband, Dean. Dolly says not only do the look alike, but they're both strong of few words. "I much prefer a man. I'm loud enough for the bo us," she hoots with her infec laugh. Dolly says that Carl, a Ter see real estate developer, is her friend, but between her hectic t schedule and his fear of flying, the don't get to spend much time toge The tabloids have repeatedly sug ed that Dolly's marriage is shaky the couple have stuck togethe more than twenty years.

When she wasn't filming, I spent her time in the kitchen o rented house, whipping up countr vorites such as homefries and bread. Although she confides tha loves butter and grease too muc avoid them entirely, Dolly now



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once Cher's moonstruck mom, comes down to earth as Clairee, the widow of the local mayor



Hannah hiding behind the specs to play mousy Annelle, the newcomer with a past



stole the show in *Mystic Pizza*, is Shelby, a strong-willed girl who chooses happiness over health

s herself to small portions several s a day. This strategy apparently s, since she hasn't regained the pounds she shed a few years ago. five-foot-one-inch actress now ns about 110.

is popular singer, who began her r in the country church where her dpa preached, just finished a con- tour, her first in five years. Her th album, *White Limozeen*, re- d last summer, has since ched a top country single. wood, the theme park she opened geon Forge, Tennessee, five miles her hometown of Sevierville, is ering. After only four years, Dol- asts that Dollywood is the fastest- ing theme park in the country, he just began a $10 million plan ke it even bigger. Her production any, Sandollar, is also hot. Its re- pictures include *Jackknife*, with Robert De Niro and Ed Harris.

Although her high-profile variety show—she had a two-year deal with ABC for $44 million—crashed a couple of seasons ago, she insists she is not bitter and would do TV again. "I don't regret doing it. I had a good time and made a lot of money. I bounced back immediately."

Just like Truvy.

Shirley: her turning point

Shirley MacLaine and Ouiser Boudreaux couldn't be more different. The fifty-five-year-old Oscar winner is famed for her vivacious personality—or personalities—while her character is known for her curmudgeonly ways. "I played her with gray hair and wrinkles showing, because she's ugly, physically as well as personally," recalls Shirley. "But she was a fabulous character for me to play because she's comedic. And the more unattractive I was physically, the funnier I became. It was very liberating for me and a lot of fun in a wicked sort of way. It's difficult for me to be as cutting as Ouiser can be."

Having played a sharp-tongued mother in *Terms of Endearment*, a pudgy piano teacher in *Madame Sousatzka*, and now the grumpy Ouiser, Shirley has established herself as a character actress. She enjoys putting on an angry face, but draws the line at playing someone who is irredeemably evil—all the bad karma created by doing so, she says, might overflow into her own personal life.

On camera, Shirley dispensed putdowns, but off camera she was relentlessly upbeat—as might be expected of the author of such spiritual adventures as *Out on a Limb* and *Dancing in the Light*. "Shirley is *(continued)*




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TEEL MAGNOLIAS
ntinued

/s so positive," says screenwriter ng. "One day I was whining my problems, and she stopped the middle and said, 'Isn't that ? Look at all the great lessons learn and think how much stron- ou'll be.' It really helped a lot." veryone took her quite so serious- ough. "We'd just laugh about silly s and tell each other dirty jokes," recalls.

ier than the barbecues she held r lakefront house during the Shirley's social life has been recently. She has several platon- ends—she often pals around with oker Jack Nicholson—but admits steady fella. There's not much e to develop personal relation- she recently published another seller, *Going Within*, then ht out a hit meditation video, *ey MacLaine's Inner Workout*. ow she's filming Carrie Fisher's elling novel, *Postcards from the* , in which she plays Meryl o's mom.

ng unattached also makes it easi- Shirley to retreat to her Pacific west home, where she plans to her next book. While there, she to work on a play about the ia childhood she shared with dykiller brother, perennial bach- Warren Beatty. The two remain —even though Warren forbids his to discuss any of her New Age ophy when she's around him.

y: mom's the word

ying a country gal was easy for playing a devoted mother came ally to Sally Field. Speaking of vriter's mom, forty-three-year- lly has said: "It wasn't hard to e what choices Mrs. Harling had ke." Sally's own brood includes enage boys, Peter and Eli, by her narriage, to her childhood sweet- Steve Craig, and two-year-old Sam, by her second, to producer, Greisman (*Fletch, Heart Beat* and *n Romance*).

y Sam became the movie's mas- My vision of the movie was at ime, on the set, Sally with Sam- n her hip, always carrying him d," remembers Harling. Her co- were impressed by her energy, nought Sally made her balancing k easy. But for Sally it was the ime she had worked since the was born—she was pregnant dur- er last picture, *Punchline*—and dn't think it was such a breeze. e put it, "People were worried wouldn't look old enough to be

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Shelby's mother, but there was no problem because I was so tired. Every morning I was wrung out, and it was a perfect time to shoot the film."

Off the set, Sally spent her time with the baby or playing part-time mother to Julia Roberts. After the day's shooting was over, sensing Julia was nervous about her next day's lines, she would invite the younger actress over to her house to practice. And at the end of these sessions, knowing that Julia would not cook for herself, Sally would give her food to take home for dinner, saying simply, "Bring the plate back." "Sally's inexhaustible support staggered me," recalls Julia. "It got so I didn't call my real mother for three months! I would call Sally and say, 'Momma,' and she would just answer me back."

A needlepoint enthusiast, Sally encouraged the other actresses to take up the hobby. She ordered needlepoint kits for each of them and soon the set began to double as a workroom. The hobby became such a craze that director Ross finally outlawed all needlepointing. "I never finished mine," says Julia. "Without Sally to encourage me, I just don't get around to it."

This story of Southern family life seemed just right for the former San Fernando Valley girl who won Oscars for her performances as a textile worker turned unionizer (*Norma Rae*) and a doughty Texas widow (*Places in the Heart*). As Olympia Dukakis wryly observes, "Sally has played so many Southern women, she thinks she *is* one." Sally has not signed for any new project yet, but through her company, Fogwood Films, she has a few ideas in the works. As she has said: "Believe me, I'm just as sick of my good people as audiences must be. I'd love to play a bitch or some woman you don't really end up liking a whole lot. But they are very hard to find, although not necessarily in real life."

Olympia: Southern exposure

You might say that Oscar-winner Olympia Dukakis was moonstruck when director Herbert Ross offered her the part of Clairee Belcher, the mayor's widow. The fifty-seven-year-old actress knocked on the door of Ross's New York hotel room to discuss the part, and Ross, thinking it was his wife, Lee Radziwill, yelled for her to enter. Much to Olympia's surprise—and Ross's mortification—he was lying on the floor naked while a Japanese masseuse walked on his back. A stunned Olympia retreated quickly. Ross, wrapping himself *(continued)*



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obe, followed her into the hall to in. Once it had all been sorted hey both dissolved in laughter.

ngs were more genteel when pia arrived in Louisiana. She d a house next door to the Harl- and joined a health club to keep ape. The New Jersey resident was helmed by Southern hospitality. her family came to town unex- dly late one night and caught her n food, her neighbors insisted on g her an entire chicken dinner, ete with biscuits and dessert.

h thirty years of acting behind Olympia remains nonplussed by ressures of production. She por- d Cher's mother in *Moonstruck* hich she won the Best Support- Actress award), co-starred with Lemmon in the forthcoming *Dad* plays Kirstie Alley's mother in *Who's Talking*.

spite her big-screen success, she ns a stage actress at heart. It vhile she was acting the part of a that Olympia met actor Louis h (formerly of *As the World s)*, who was taking the role of Ja- her unfaithful husband. Unlike reek tragedy that brought them her, their story had a happy end- hey were married twenty-seven ago.

mpia's professional passion is the e Theatre, in Montclair, a two- red-seat professional theater she ed with her husband and ten oth- ples back in 1971.

t year, Olympia also displayed political passion when her cous- chael Dukakis ran for president Olympia addressed the Demo- National Convention. Through ampaign she did her best to him on—and then cheer him up he lost.

nily is a priority for the mother of who limited her early career to her kids. Now that daughter tina and sons Peter and Stefan own, she and her spouse are get- used to having their home to selves. The adjustment doesn't r Olympia, though. Like her cter, Claire, she just keeps look- r new beginnings.

yl: beyond bombshell

ous, blond and leggy, Daryl Han- loesn't usually have to fight for The writer of *Wall Street* had rmer screen mermaid in mind as nned the script, and the role of ne was tailored to suit her. But ng the role of the awkward, y brunette hairdresser Annelle, who metamorphoses first into a party girl and then into a Bible-thumping mother-to-be, wasn't so easy. Daryl had to seek out director Ross and audition three times before she convinced him she was right.

Once on location, the native Chicagoan acted more like a farm girl than a sex symbol. She rented a spread outside of town and rode horses when she wasn't acting. Daryl even went to the local racetrack with Sam Shepard and Robert Harling to cheer on Chickie Double, a horse from her adopted farm.

Like the mesmerizing mermaid she played in her first big hit, *Splash*, Daryl can be charmingly unpredictable. "One minute Daryl can be this big-eyed puppy and then the next she can get wild and silly, pinning clothespins to everyone's shirts just for kicks," recalls pal Julia Roberts.

When she wasn't on horseback or horsing around, the twenty-nine-year-old former gymnast, who flaunted her fancy footwork as a limber android in *Blade Runner*, worked out on the trampoline she put in her backyard. Life in the slow lane didn't seem to bother her at all. "I certainly don't like going out to clubs just to be seen," she has said, "That's not my idea of fun. I like going to movies or to basketball games. Or just hanging out with friends."

Just which friends she has been hanging out with has been the subject of many gossip columns. Although she was briefly linked with that sexiest of assistant district attorneys, John F. Kennedy, Jr., *Legal Eagle* Daryl has maintained an on-again, off-again relationship with the socially conscious singer Jackson Browne for several years.

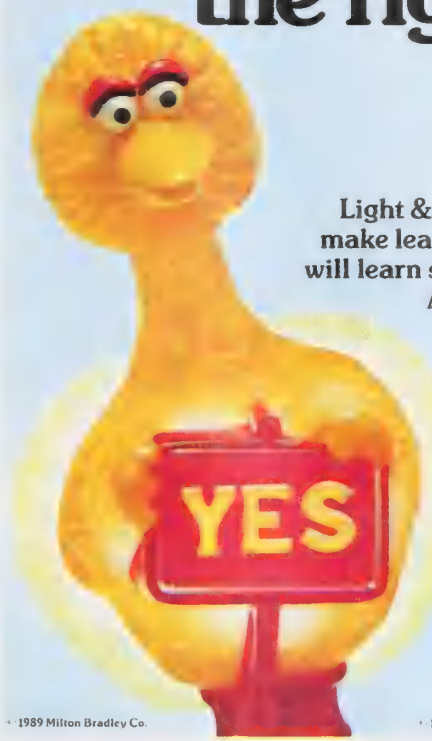
Her next picture is *Crazy People*, with Dudley Moore, but Daryl's no longer the only Hannah in Hollywood. Her sister, Page, recently made her film debut in the coming-of-age dance flick, *Shag: The Movie*.

Julia: in the big leagues

She got rave reviews as the tough-talking, tenderhearted waitress Daisy in *Mystic Pizza*, but until now, twenty-one-year-old Julia Roberts has probably been best known for being the sister of thirty-year-old actor Eric Roberts.

Not surprisingly, Julia arrived on the set of *Steel Magnolias* just a little bit intimidated by the household names around her. Sally's and Shirley's maternal attitude helped calm her; they gave her advice on everything from acting to nutrition. *(continued)*

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STEEL MAGNOLIAS
continued

And Dolly's down-to-earth attitudes helped Julia keep perspective on her work. During the filming of one supposedly winter scene, all the actors had to wear heavy woolen outfits. When Julia started to sweat, stifle and swear in the Louisiana heat, she says that Dolly just sat quietly on the porch. "She told me she had once said, 'I want to be rich and famous, and if I get this I'm not going to complain about it,' " recalls Julia. "I didn't complain for the rest of the day."

But all the sage offerings from her experienced co-stars couldn't quite overcome Julia's jitters at the thought of filming one suggestive scene. "It's me in a bathtub, and Dylan McDermott (who plays Jackson, her fiancé) comes in. It made me a little tense," she admits. "Scene Thirteen was the cloud-cover set. If we had heavy cloud cover one day, then we were supposed to do Scene Thirteen. Every day I came to work in a panic, losing my mind over the prospect."

Playing a brave, dying young mother was tough for the carefree, energetic beauty, who lives in New York's Greenwich Village. Knowing that the part was based on screenwriter Harling's much-loved sister made the job even more intimidating. Although Julia, who lost her own father twelve years ago, had struck up a friendship with the Harling family during the shoot, when she visited with them she would always refuse to look at snapshots of Susan, the real-life model for her character, Shelby. "When I finally did see them, I was a mess. I was just a puddle," Julia remembers. Her next role won't be quite so cathartic; she will play opposite Richard (*An Officer and a Gentleman*) Gere in a comedy-drama tentatively titled *3000*.

Postscript

Even after the eloquent speeches and fond farewells of the wrap party, the stars of *Steel Magnolias* remain close friends. Shirley is so attached to her new pals that she has filled an entire wall of her home with pictures of them. The feelings are mutual. They recently took Shirley out to dinner to celebrate her birthday. When Dolly appeared at the Universal Amphitheatre this summer, her co-stars showed up with the rest of her loyal fans. Things didn't go quite so smoothly when some of the gang tried to catch Olympia at the Whole Theatre. Their limo broke down and they missed the show. No matter; with this company of talented actresses, there'll always be another opening ■

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WHAT'S HOT *Hollywood's rising stars*

Sighting the next Madonnas, Paul Newmans or Elizabeth Taylors can be harder than naming the man you'll marry before you meet him. To sharpen our focus on tomorrow's superstars, we talked to more than a dozen Hollywood insiders, ranging from trendy restaurateurs to superagents. Here's what they soothsay. By Jim Calio and Jill Rachlin

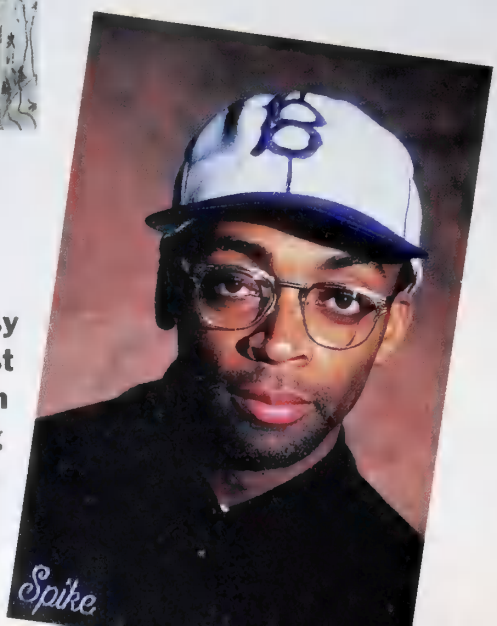


Sweeping beauties

What do Michelle Pfeiffer and Uma Thurman have in common besides *Dangerous Liaisons*? Great faces and glowing prospects. Critic Jeff Lyons says Uma "looks like your dream." And publicist Bobby Zarem says he forecast three years ago that Michelle would make it very big; *Witches of Eastwick*, *Married to the Mob* and *Tequila Sunrise* followed.

He's gotta have it

Despite—or perhaps because of—all the controversy surrounding thirty-two-year-old Spike Lee's latest film, *Do the Right Thing*, Army Archerd, the veteran columnist from *Daily Variety*, believes we'll be seeing even more of this provocative talent in the future. That's hard to imagine, since he wrote, directed, co-produced and also starred his last time out!





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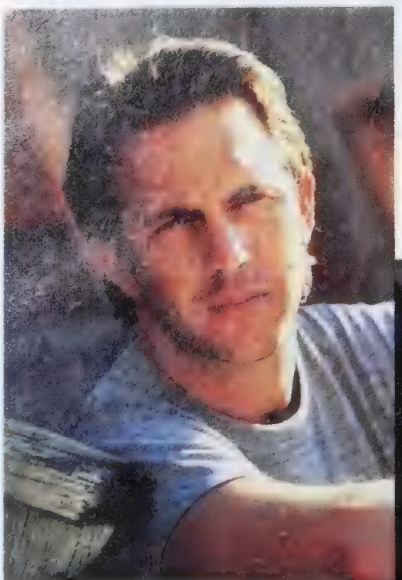
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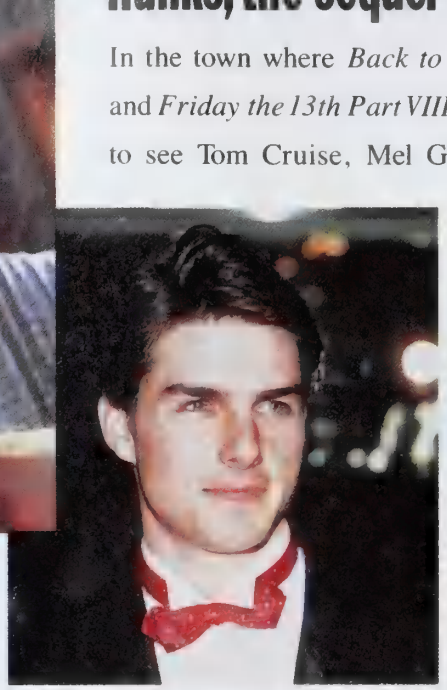
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WHAT'S HOT

Hollywood's rising stars



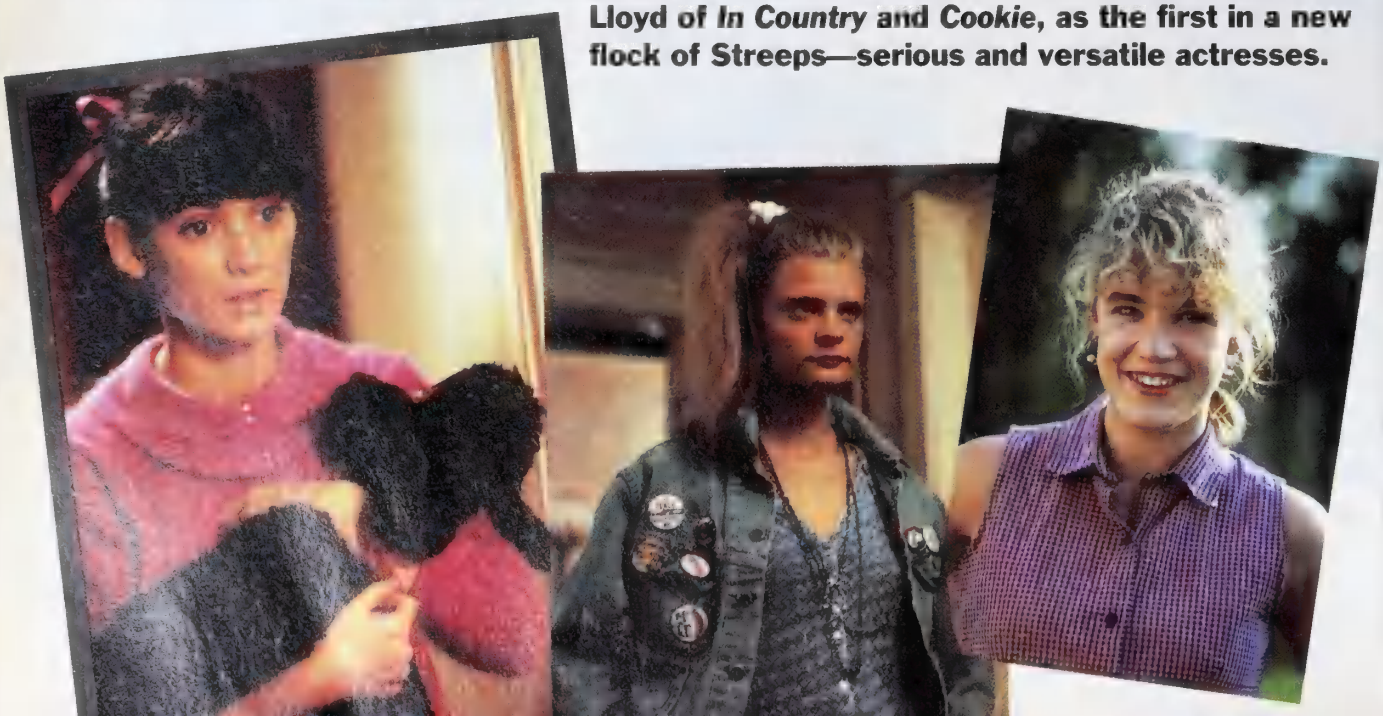


Hunks, the sequel

In the town where *Back to the Future II*, *Lethal Weapon 2*, and *Friday the 13th Part VIII* are considered new ideas, expect to see Tom Cruise, Mel Gibson, Dennis Quaid and Kevin Costner continue to compete for time in women's fantasies. Powerful agent Swifty Lazar thinks that Hollywood will remain on Cruise-control for years to come. Celebrity photographer Harry Benson, on the other hand, believes that the fields of women's dreams will increasingly feature Costner.

A star is born... recently

At only seventeen, Winona Ryder has already played a melancholy oddball in the hit *Beetlejuice*, a cool-kid murderess in *Heathers* and a hot-blooded teenage bride in *Great Balls of Fire*. No one expects the likes of Cher to vanish, but some experts pick Ryder, along with throaty-voiced rebel Martha Plimpton, eighteen (*Parenthood, The Mosquito Coast* and *Running on Empty*), and nineteen-year-old British import Emily Lloyd of *In Country* and *Cookie*, as the first in a new flock of Streeps—serious and versatile actresses.





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WHAT'S HOT

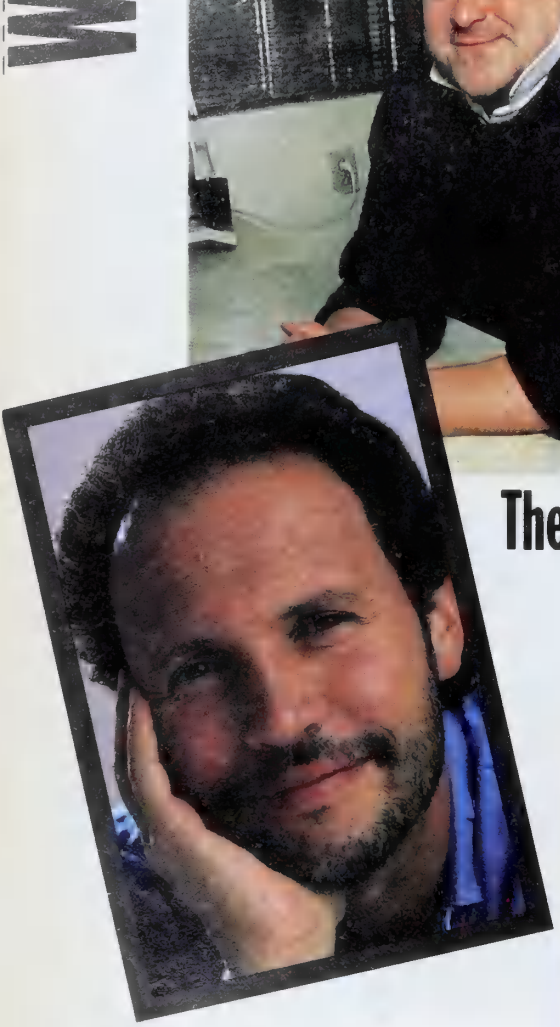
Hollywood's rising stars





The boys next door

Gorgeous is great, but cuddly can be sexy, too. Take Tom Hanks, who proved that in a *Big* way. Talk-show host Larry King thinks women will go for Billy Crystal (*When Harry Met Sally. . .*). And Roseanne's John Goodman brings new dimensions to the romantic hero.





All in the family

Those Bridges and Quaid boys better move over for two new sets of sibling stars. Eric (*Rude Awakening*) and Julia (*Steel Magnolias*) Roberts started the trend, but John (*Say Anything*) and Joan (*Say Anything, Working Girl*) Cusack are gaining on them. In any case, fame is in the bag for the foursome—if their film careers stumble, they can always sign on as contestants on the ever-popular *Family Feud*.

Photos, clockwise from top left: Tony Costa/Outline; Blake Little/Visages; R. Corkery/LGI; George Rose/Gamma-Liaison.

When the winter weather starts moving the car you want to be moving in is the l-Wheel-Drive Ford Tempo. One push of utton and you're dashing through the ow in an aerodynamic shape that's ually as dashing. Tempo also offers ough room inside for everyone to enjoy ride. And, while this Tempo was de- ned specifically for on-road use to keep u laughing all the way *through* the bank, extraordinary value will keep you ghing all the way *to* the bank as well.

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WHAT'S HOT

Hollywood's rising stars





This time slot's not big enough for the two of us

One hurls jokes from behind the desk that Johnny built. The other fires off one-liners while lounging in a comfy chair. Their styles may be different, but they are aiming for the same audience. Look for *Tonight Show* heir apparent Jay Leno and hipster upstart Arsenio Hall to have a talk-show down in the coming years as these two stand-up guys try to see who'll get the last laugh.



Clown princesses



Comedic leading ladies will be serious stars in the next decade. Publicist Nancy Seltzer calls Meg Ryan (*When Harry Met Sally . . .*) "a brilliant young actress." Other cutups with class include Candice (*Murphy Brown*) Bergen and Bette Midler. (*Beaches, Stella Dallas*). Manic movie actress Jamie Lee Curtis (*A Fish Called Wanda*) is now a TV hotshot, too, on *Anything But Love*, while small-screen siren Jasmine Guy (*A Different World*) will work her wiles on the big screen in the forthcoming *Harlem Nights*.

Photos, clockwise from top left: Steve Schapiro/Gamma-Liaison, Steve Schapiro/Gamma-Liaison, NBC/Gary Null, Timothy White/Onyx.

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WHAT Was HOT

Entertainment in the eighties was full of conflicting images—muscle-bound warriors and gentle extraterrestrials, conniving women and dutiful moms. By Leslie Jay



HE DOESN'T CALL, HE DOESN'T WRITE

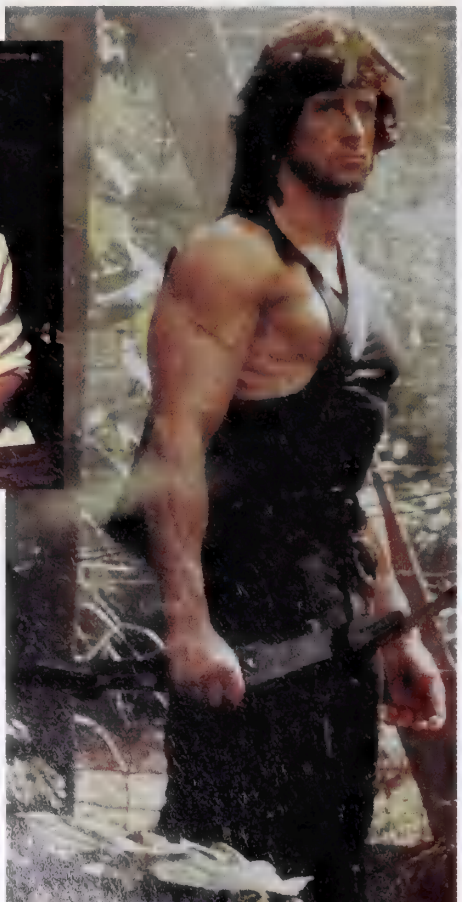
An ungainly troll with bulging eyes, an elongated neck, and enormous webbed feet, E.T. wasn't anyone's idea of beauty. He lived on Reese's Pieces and couldn't hold his beer. Still, we wept as the telepathic spaceling bid a fingertip farewell to Elliott and boarded an intergalactic taxi back to his home, light-years away.

MOVIES



CLOSE UP

In the first yuppie horror movie, devoted husband Michael Douglas spent one night with lonely editor Glenn Close—and it turned out to be a *Fatal Attraction*. The film struck a national nerve by illustrating the perils of infidelity—and single career women. Close also starred in that other yupscale hit, *The Big Chill*.



ROCKY ON THE ROAD

When Sylvester Stallone hung up his boxing gloves, he didn't stop fighting. As Vietnam vet John Rambo, he singlehandedly vanquished Commies in Southeast Asia and Afghanistan, and the name Rambo became a synonym for force. His aggressiveness seemed to echo Ronald Reagan's military policies, and a popular poster of "Ronbo" pictured the president's head atop the actor's body.

Photo, clockwise from top: Photofest, Movie Star News, Photofest

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Cicely Mary Barker's "The Lord's My Shepherd"

Actual diameter: 8½ inches

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WHAT Was HOT



JUST BE COS

Father *and* Mother know best in this hit sitcom, for five seasons the top-ranked TV show. Emphasizing common family problems rather than racial divisions, *The Cosby Show* has universal appeal. Bill Cosby is obstetrician Cliff Huxtable, who presides over a brood of five with his wife, Claire, a lawyer, played by Phylicia Rashad.



KRYSTLE CLEAR

Joan Collins held sway in *Dynasty* as the evil schemer who made so much trouble for ex-husband John Forsythe and Linda Evans. But last spring, the bubbles finally burst for the campy prime-time soap.

INTEROFFICE ROMANCE

Flip dialogue—liberally seasoned with double entendre and irony—marked *Moonlighting* as one of those rare shows that come along, well, once in a Blue Moon. Cybill Shepherd, an elegant ex-model down on her luck, sleuthed alongside smart-mouthed gumshoe Bruce Willis, only to spend most of her time repelling his advances. They argued so much, you didn't have to be Sherlock Holmes to know they were made for each other. The romance and the show, however, ended in May.





ARRESTING FASHION

With its crisp pacing, deco pastels and throbbing music, *Miami Vice* was a cop show with style. Don Johnson and Philip Michael Thomas worked undercover—in Armani suits. And Don's sexy stubble inspired a whiskering campaign among trendy guys.

TELEVISION



NO FUTURE SHOCK

After filming hit movies during his summer vacations, Michael J. Fox went back to the present to play the ultraconservative son of liberals Michael Gross and Meredith Baxter Birney. His newfound fame boosted *Family Ties* for eight seasons, but the cast called it quits last May.

Photos, clockwise from top: NBC, Movie Star News, Globe Photos, NBC/Randee St. Nicholas, Capital Cities/ABC

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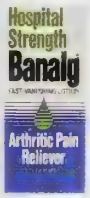
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WHAT WAS HOT



HE'S THE BOSS

Populated by petty crooks, aging athletes, and shell-shocked Vietnam survivors, his songs broke Top 40 formulas. Nonetheless, the driving rhythms and melancholy lyrics of *Born in the USA* turned cult rocker Bruce Springsteen into a mainstream star. (His bulging biceps might have helped, too.)

MUSIC

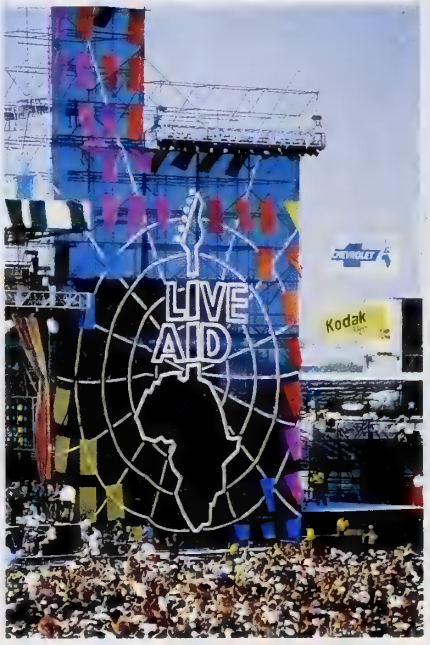


DRESSED TO THRILL

Plastic surgeons redesigned his face, but Michael Jackson's career needed no doctoring. *Thriller*, bolstered by videos displaying the gloved one's artful dancing, was the most popular album of all time. Not *Bad*.

A LOTTA HELP FROM THEIR FRIENDS

Horrified by the famine ravaging Ethiopia in 1984, Irish rocker Bob Geldof released a single, "Do They Know It's Christmas?" and donated the proceeds to hunger relief. Not to be outdone, U.S. stars like Diana Ross and Cyndi Lauper joined the chorus of "We Are the World," which netted $45 million for USA for Africa. Next, Geldof's Live Aid linked concerts in Philadelphia and London. The transatlantic rockathon raised $70 million.





SYNCH AND SWIM

It looked like TV but sounded like radio. In 1981, the cable channel MTV began airing music videos 'round the clock with patter by video jockeys. Even Max Headroom vee-jayed, before his act stuttered out.



IT'S A FAMILY SING

Medicine and law careers seem to run in some families, but for former model Whitney Houston, the family business was singing. Mother Cissy is a gospel soloist, cousin Dionne Warwick is a top chanteuse, and family friend Aretha Franklin is a world-class R&B rocker. In 1985, Whitney joined the chorus with hit ballads like *The Greatest Love of All* and *Saving All My Love for You*.

THE AMERICAN SPIRIT



English born and American bred, 34-year-old NINA DAVIS is an antique conservator who preserves the beauty of the past for the future. In the present she studies acting, writes poetry and gives her time to help the homeless.

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fiction

Judith Chase is in love and successful. But something is very wrong. A condensation of a new novel by the queen of suspense

THE ANASTASIA SYNDROME



Photos, from left: Sam Zarember/Stockphotos, Simon Wilkinson/Stockphotos, Patrick Doherty/Stockphotos.

By Mary Higgins Clark

With a combination of reluctance and relief, Judith closed the book she had been studying. Flexing her shoulders, she walked over to the window and looked out. The street below was almost empty; then she saw a toddler running down the block. Startled, Judith watched as the little girl tripped and fell into the road. Then suddenly a young woman darted into the street and scooped up the frightened child.

"Mummy, Mummy," Judith heard her cry.

She shut her eyes and heard herself wailing aloud, "Mummy, Mummy." Oh, God. Not again!

She forced herself to open her eyes. The woman and toddler had vanished.

The phone rang as she was fastening a diamond pin to her cocktail suit. It was Stephen.

"Darling, how did the writing go today?" he asked.

"Very well, I think." Judith felt a smile come to her lips. Forty-six years old, and her heart leaped like a schoolgirl's at the sound of Stephen's voice.

"Judith, the cabinet meeting's running late. Do you mind terribly meeting me at Fiona's? We won't stay long—let's get away for some time alone."

"Perfect. Good-bye, Stephen. I love you."

Two months ago, she had been seated at a dinner party next to Sir Stephen Hallett. "Quite the best catch in England," her hostess, Fiona Collins, had confided. "Stunning looks. Brilliant. Home Secretary. It's common knowledge he'll be the next Prime Minister. And, darling Judith, best of all, he's eligible."

"I came to England to write a book, *(continued)*

From the forthcoming collection THE ANASTASIA SYNDROME. To be published in November by Simon and Schuster. © 1989 Mary Higgins Clark



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ANASTASIA
continued

not to get involved with a man."

"Oh, nonsense," Fiona snapped. "You've been widowed for ten years, but you still send out signals saying 'Stay away.' Don't do that tonight."

She had not sent out those signals. When Stephen escorted her home, he had kissed her lightly. "If I passed a more pleasant evening in my life, I don't remember it," he had whispered.

At the entrance to Fiona's drawing room Judith paused to take in the scene. Fifty people, at least half the faces familiar: government leaders, her publisher, Fiona's titled friends. Judith walked across the room to her hostess, who kissed her cheek and introduced her to Dr. Reza Patel, the world-renowned psychiatrist. Judith had heard about Patel's ability to regress patients under hypnosis to early childhood and have them describe traumatic experiences. She also knew that his controversial new theory, the Anastasia syndrome, had shocked the scientific world.

"I do not expect that I will be able to prove my theory for quite a time to come," Patel was saying as they walked over. "But after all, ten years ago many scoffed at my belief in hypnosis."

"But the Anastasia syndrome is quite different, surely," Fiona protested. "If I understand your theory, Doctor, you have a novel explanation for the famous case of Anna Anderson, who claimed she was Grand Duchess Anastasia of Russia. She was being treated for a nervous breakdown. You believe that during a session when she was under hypnosis and had been treated with drugs, she was inadvertently regressed to the exact moment Anastasia was murdered with the rest of the royal family."

Patel nodded. "That is exactly my theory. The spirit of the Grand Duchess as it left her body entered the body of Anna Anderson, who became the living embodiment of Anastasia."

"Dr. Patel," Judith said as Fiona left them to greet Stephen, "you've helped people retrieve memories of very early childhood, haven't you?"

"Yes." His expression became intent. "I see that is not an idle question." Patel reached into his pocket and handed her his card. "If you ever wish to talk to me, please call."

Later, Stephen came up to Judith's flat for a brandy. They talked about how neither wanted to attract publicity about their personal life. When the election came, Ste wanted to discuss the issues, no impending marriage. "Althoug course they'll love you," he comm ed. "Beautiful, talented, and a Br war orphan . . ."

She had a sudden, disturbing vi *"Mummy, Mummy!"* she heard.

"Stephen," she said, "there is thing that *is* very important to r must trace my birth family. Will help me?"

She could feel Stephen's arms t "Judith, you've told me every e was made to trace your relatives not one clue was turned up. Pleas my sake, can't you give this up?"

He drew her to him. His kiss a in her intense feelings and desires almost made her forget, but eve she could not promise to give up h

After Stephen left, she worke the next chapter of her book abou Civil War in England. She had pleted chapters about the executi Charles I and the Cromwellian y Now she was ready to write abou fate of the regicides, those who signed or carried out the death rant of Charles I and were to know swift justice of his son, Charles II.

Next day, after finishing her search, she stopped for lunch near vent Garden. *(continued on page*



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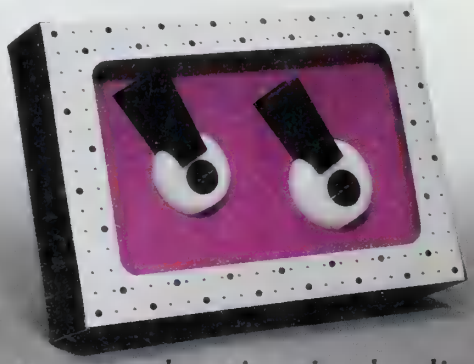
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ANASTASIA

continued from page 162

And then it happened again. *Mummy, Mummy*—followed by the steady, piercing wail of the air-raid sirens. After she finally stopped trembling, she extracted Dr. Patel's card from her wallet and called him. He told her to come immediately.

Patel's eyes were serious as he listened to her story. "You were found as a toddler wandering alone in Salisbury?" he asked.

"My adoptive mother was the British Wren who found me," Judith said. "She was married to an American naval officer. Now they're dead, and I've been living in England for two months. I feel at home here."

"I think there is more behind those hallucinatory incidents than you realize," Patel said. "You are immersing yourself in English history—in a sense forcing your mind to go back to the past. Also, your adoptive parents are gone now, and you no longer feel a sense of disloyalty to them by searching out your birth family. Do you want me to help you?"

"Please."

"I would need your permission to use a mild drug. It's a bit risky," Patel said. "Are you ready to begin treatment now?"

"I'm willing to try," she said.

Patel had her lie down on a table. Then he switched on a video camera and a machine that would monitor her heart. She felt her sleeve being rolled up, the prick of a needle, then she began to fall into a restful sleep. But her body was warning her not to let go. Patel released more fluid from the hypodermic needle. "Judith, I'm going to ask you some questions. Weren't you doing research for your book this morning?"

She told Patel that she had found something that fascinated her. "The King attended the beheading of a woman. She was the only woman executed during the Civil War." Suddenly, Judith felt agitated.

Patel led her away from this disturbing topic and gradually guided her back to her childhood. "Before you were found in Salisbury—what do you remember?"

Restlessly Judith shook her head from side to side. "*No. No.*"

The monitor showed that her heartbeat was accelerating. Patel released another drop from the plunger. "Tell me what frightened you, Judith. Try."

Judith was breathing in soft gasps. She clutched at the air, and in a child-

ish cadence she cried for her mo
"The train is coming . . . Mummy
we're going to get on the train."

"Did you get on the train, Judit

"Yes. But Mummy didn't—
bomb . . ."

"It's all right. Don't think about
anymore. Can you tell me your na

"Sarah Parrish."

"How old are you, Sarah?"

"Two. I want Mummy." Judith
gan to weep.

Patel knew she was remembe
this for the first time. Best to bring
out of the trance before she'd gon
far. But suddenly Judith's face
vulsed in anguish and she screa
"Stop! Don't do that to her!"

The needles on the monitors
jumping. Patel grasped Judith's ha
"Judith, you must listen . . ." But
dith could not hear him.

*It was December 1660, the Tow
London . . . In horror Judith wat
as a woman in a dark green gown
cape was led through a jeering
Her beautifully sculpted features
frozen in a mask of fury. Her h
were bound before her, and a red
cent-shaped scar glistened at the
of her thumb.*

*The soldiers brought her to the
"Liar!" she screamed.* (contin



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ANASTASIA
continued

"You promised mercy. A pity they didn't have your head when they took your father's."

A soldier dragged her toward the platform. Judith gasped as she saw that she and the prisoner bore a striking resemblance to each other. Lady Margaret Carew was forced to her knees. The executioner raised the ax. Lady Margaret turned her head. Her eyes bored into Judith's. Judith screamed, "Stop! Don't do that to her!" as the ax fell.

When Judith woke up, she gratefully told Dr. Patel about her breakthrough, that she remembered her real name and how her mother died. Patel asked her if she remembered anything else, but she didn't.

After Judith left, Patel watched the last few minutes of the tape and saw Judith's expression change, listened to her horrified shriek, "Stop! Don't do that to her!"

What had Judith Chase experienced? And had she had a scar at the base of her right thumb before today? He hadn't seen it. But in the last frame of the tape it was startlingly obvious.

he Prime Minister was in th
brary. She greeted Stephen
lett and waved him to a seat.
she told him she intended to retire
believed him to be her ideal succe
The Prime Minister smiled. "Ste
congratulations. You'll be the
Prime Minister, and no one wi
gladder than I to see you present
self to Her Majesty."

Next Friday evening, Judith
with Stephen to his country
in Devon. On the drive dow
told her about Edge Barton M
"The Hallett family acquired th
tate when Charles II returned t
throne. I'm not very proud of m
cestor, Simon Hallett. Apparentl
was a slippery chap. But I think
will love Edge Barton as I do."

Together, they explored the h
The drawing room, the dining r
the great hall, the Norman stairca
the old wing, the magnificent
dows. Judith stopped to examine
as a servant came up the stairs. T
was a phone call for Sir Stephen.

A set of initials seemed to burn
the wall. V.C., 1635. Suddenly d
she murmured, "Vincent." The sc
her hand began to blaze. It was a
ering at the manor, in December

*"Edge Barton is a magnificent h
Lady Margaret."*

*"I can't disagree." Margaret's
was cold as she addressed Hallett,
tard son of the Duke of Rockingha*

*She caught her son's eye. Qu
Vincent crossed the room to her
was a handsome boy, sixteen years*

"Vincent, you know Simon Hall

*"I do. I know you, sir, as being
indifferent to the new taxes. But wh
man has nothing to be taxed, it is
easy to pledge loyalty to a monarch
believes in the divine right of k
Isn't it your hope that the estates
are confiscated for nonpayment
someday be given to the apologis
the King? To yourself?"*

*Hallett's face was flushed with
ger. "You are impertinent."*

*Lady Margaret laughed and too
son's arm. "Mr. Hallett, you are
welcome here."*

Judith opened her eyes. Stepher
calling her. She didn't rememb
thing.

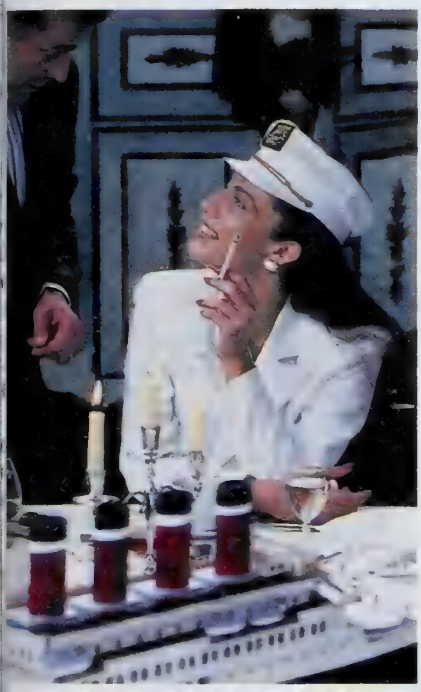
One night, she returned hom
find the phone ringing. It
Stephen.

"How's your work going?" he as

"The research has been a bit
but now I'm getting to the typewri

Eagerly, he spoke to her abou
election on March 13 and *(contin*

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ANASTASIA
continued

suggested an April wedding at Edge Barton.

When Judith replaced the receiver, she was smiling and happy. She heated a can of soup and went back to her desk. Now she was well into the return of Charles II from his exile and the trial of the men who had signed the death warrant for his father.

Suddenly her head was throbbing. "Oh, Vincent," she whispered.

It had been sixteen years since Vincent's death in the Civil War. At Lady Margaret's insistence, her husband, Sir John, had reluctantly signed the order to execute the King.

Now, Charles II had returned to England, offering forgiveness except for the men who were involved in his father's murder. Charles promised consideration to those who turned themselves in.

Margaret devised a scheme. She concealed John in a hidden apartment. But on October 2, accompanied by Royalist soldiers, Simon Hallett arrived.

"Lady Margaret, how good to see you again," he said sardonically when she opened the great door. To his men he said, "Search every inch of this house. We don't go back without Sir John

Hours later two soldiers dra John Carew down the stairs. As hustled him away, Margaret stare Simon. "If they want to put someor trial, let them try me. It is I demanded my husband sign the K death warrant."

The day that John was to be ex ed, Margaret was ushered into the ence of Charles II. Hallett was stan to the right of the King. She said, ". I am here to acknowledge my g Spare my husband." Then she ru toward the King.

Simon Hallett threw himself on She saw the glint of a dagger. He trying to thrust it into her hand incriminate her! The knife cut de into the base of her thumb. He sa her, "Even now John is swaying the rope at Charing Cross. For m ward, I shall be granted Edge Bar

At ten after twelve, Judith was tled to realize that her soup cold. Tossing off her robe, she into bed. She glanced at her hand was startled. There was a red scar she watched, it faded, and she tho she was imagining things.

Next day, Judith put on the g cape she had impulsively bought week before and walked aro Whitehall Palace. At Trafalgar Sq she studied the magnificent statu the executed King. She knew that was the very spot where many of regicides had been executed. The had been beheaded on January now it was a tradition for school dren to place wreaths at the st on that day.

"The statue should be razed, and the who lay the wreaths punished," Margaret said. On January 30, would lay a wreath. But she would n sure that hers had a bomb hidden wi it. Where to get what she needed?

Three blocks away she passed a struction site and saw a young swinging a sledgehammer. She sm seductively and beckoned to him.

That evening in his arms, Marg confided that she needed to destr rotting garage on her country prop Could Rob help her get what she n ed and show her how to use it? S pay him well.

Rob's mouth crushed her lips. "I me here tomorrow night, love. We explosives for demolition," he s "Easy for me to get what you need.

When Judith reached the apartm that night, she was shocked to how late it was. Terrified, she alized that her last memory wa standing at the statue at *(contin*

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about two. What had she done since then?

The next morning, she called Dr. Patel and told him about the seven-hour gap in her memory.

"Don't be too troubled about it," he said. "You know that hours can go by in a flash when you're working."

Back at her desk, she worked steadily until early afternoon, comforted to know that the book was going well. But when she began to describe the trial of the regicides, her fingers fell from the keyboard.

Rob was waiting for Lady Margaret. "Did you bring what you promised?" she asked. Rob explained: "Now, mind what I'm showing you. This is enough to pull down Buckingham Palace."

January 30 was cold and clear. Teachers watched as schoolchildren placed wreaths at the statue of Charles I.

Lady Margaret placed her wreath. A constable was standing by. He glanced at the wreaths piled against the statue and saw the smoke.

"Get back!" he shouted, and ran in front of the children. Bewildered, the children turned. Margaret saw the constable pick up the package and fling it into the clear area. Screams mingled with the explosion.

Deputy Assistant Commissioner Philip Barnes was head of the antiterrorist branch at Scotland Yard. "How many tourists' snapshots of the incident have come in?" he asked.

"Dozens," his senior aide, Commander Jack Sloane, answered. "We also have a tourist's videotape."

In the darkened room, they watched as the tape was played. Suddenly Sloane said, "Look at that woman in the cape and dark glasses. She realized she was being filmed—she's pulling the hood around her face." He turned to an assistant. "I want her identified."



Inspector David Lynch entered. "I think we're on to so thing," he said. "We've been asking questions at all the c struction sites that use that type of explosive. A foreman at site said some explosive was missing. And he tipped us off t a woman in a dark cape was flirting with one of his crew, Watkins. We just talked to Watkins's landlady. Not ten d ago, he had a visitor. The lady had dark hair and dark glas and she wore a dark-green cape."

"I think we'd better have a chat with Mr. Rob Watki Sloane said.

On the m ing of Ma 5, Judith alized that she not satisfied her descriptio the Tower of don. A visit m help her port the mood, and left her desk t to the Tower.

After signing with the guard, began wande the halls. But denly in the j room she was st en with fear. stopped to star the Sceptre, w had been made the coronatio Charles II.

A guard calle her. "Miss Cha that you? Are all right?"

The guard's followed Marg as she rushed a the corridor. came the explo "The jewels cre for Charles II never be place the head of Ch III," she vowed

Inspector Ly had just return Scotland Yard the hospital. parently the g in the jewel had repeate name to him- dith Chase.

"Good God," Barnes said. "Don't you know who sh The author." He frowned. "Wait a minute. Her picture the back of her last book. We can show it to Watkins."

Jack Sloane hesitated, then said, "Sir, it's very impo that no one know that we are investigating her. As know, sir, I am a friend of Stephen Hallett's. The rum that after the election is over, they will marry."

"What exactly did the guard say?" Barnes asked Ly

Lynch pulled out his notepad and read from it: "Ju Chase. Back again. Scar." *(continued on page*

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WOMEN in the '90s

COUPLES



"NO SEX, PLEASE, WE'RE MARRIED"

The women who used to seek sexual fulfillment often have a headache now. Why do so many couples wonder where the sizzle went? Welcome to the sexual reality of the nineties

By Dorothy Glasser Weiss

My friend Amanda is gorgeous—tall and slender, with brilliant eyes and a warm smile. In high school, she was my best friend. In the late seventies, when we were both single and working in New York City, she was my confidante. Most of those confidences were about men.

Back then, Amanda and I and many of the women I knew were not only guilt-free in seeking experience, we reveled in it. In a way, of course, my friends were as bad as the men we accused of loving and leaving us—but the point then was pleasure, not love. Daughters of the sexual revolution and the Me Decade, we believed sexual fulfillment was our right, and we pursued it.

A few weeks ago, I ran into Amanda. We had lost touch since she married two years ago and moved to the suburbs. In the city for the afternoon, she—still gorgeous—was wheeling her six-month-old daughter in a stroller; I had my year-old son by the hand. "Married ladies now," we remarked simultaneously. We hugged and laughed, two old friends happy to see each other settled.

"So how's your lovelife?" I asked. (It seemed only natural to pick up where we'd left off.)

"To tell you the truth," Amanda replied with characteristic frankness, "I'd rather sleep than make love with Ethan."

Was *this* Amanda? She'd been married only a short time, she was only thirty-three, and already she sounded like that tired wife of jokes gone by: "Not tonight, honey, I have a headache."

I thought about my conversation with Amanda for a long time afterward. What had happened to her interest in sex? And come to think of it, hadn't I felt the same way at times in my own seven-year marriage?

(continued)

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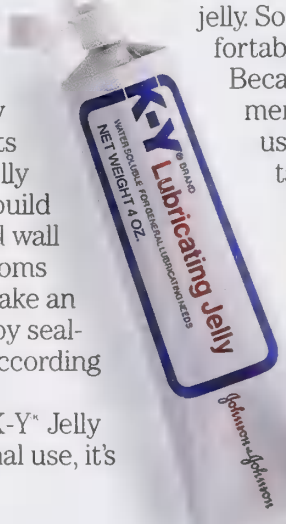


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■ NO SEX, PLEASE
continued

I decided to investigate this sexual malaise with a few more friends, even though it might be embarrassing.

Susan, my old college roommate, is now a thirty-four-year-old research scientist. She had begun dating Tim, her husband of six years, when they were in graduate school. Susan said, barely hesitating, "It seems like the whole nature of a relationship changes when you get married. It's not easy to sustain lust with the person you fight with about taking out the garbage."

My neighbor Carol, thirty-nine, a graphic artist and mother of two who has been married for sixteen years, concurred. "I never thought I'd lose interest in sex," she said. "Now we often go weeks without it."

Where did sex go?

While perhaps my circle of friends took part in the sexual revolution with more enthusiasm than most, women everywhere have come to recognize the importance of being sexually fulfilled and responsive. (Even antifeminists like Marabel Morgan in her infamous book *The Total Woman* told women to entice their husbands by entwining themselves in Saran Wrap.) Yet the same women who not so long ago wanted the right to an orgasm now want the right to a headache—so much so, you'd think low libido was actually trendy in the late eighties. What's been going on here?

"These women are actually no different from women of their mothers' generation—except in one way: They're talking about it," explains Pepper Schwartz, Ph.D., professor of sociology at the University of Washington a coauthor with Phillip Blumstein *American Couples: Money, Work,* (Pocket Books, 1985).

"They discussed their sex lives the past," adds Schwartz, "and n they're talking frankly about wha happening in their marriages. Ma are unconsciously saying, 'Hey, wai minute, I used to be a hot numb What happened?'"

Some experts note another moth daughter difference. "Remember, generation ago, women usually beg a sex life only after they got marrie says Shirley Zussman, Ed.D., a and marital therapist in New Y City. "Today, some women have numerous sexual experiences bef they marry. The high of sexual disc ery has often been played out."

This situation may be compoun by the fact that women didn't alw marry the person with whom they the best sex, according to Linda Per Alperstein, L.C.S.W., assistant clini professor in the department of psych try at the University of Califor Medical Center, in San Francisco. stead, they chose men they saw good providers, stimulating intelle al companions, good fathers. Nancy thirty-four-year-old buyer in Los geles, admits she married Steve thirty-six-year-old dentist, knowing wasn't the man she was most passi ate about. "I had great sex with Be she told me. "But I never had the sire to *talk* to him. Steve had less se al energy than Ben, but he was sta and nurturing. Still, there are m times than I'd care to admit tha think of Ben."

It's important to note that all women with whom I spoke consi themselves happily married. And, spite the grousing, many know th situation is perfectly normal.

"You can't sustain a level of inte passion in your everyday life—. who'd want to?" said my friend An thirty-three, who's been married se years and is the mother of a four-ye old son and two teenage stepdau ters. The experts, too, point out tha drop in frequency, periods of no in est, are not alarming—and should be confused with the much-tal about sexual plague of the eight inhibited sexual desire (ISD). Acc ing to the American Psychiatric A ciation, an estimated 20 percent of population suffers from ISD, whic a persistent and pervasive lack of terest in sex.

"For these women, however, de hasn't withered; it waxes and wan explains Perlin-Alperstein. Even san, who said she no longer feels for Tim, recalled that *(continu*

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*Conn. residents pay $53.73, Tenn. residents $53.61, to include sales tax.

"passion seems to reappear whenever we're on vacation."

Nevertheless, the everyday reality can at times be disappointing, especially since many of us believe that great sex is not only the hallmark of a good marriage but also that it should be as spontaneous as it was when we were dating. "Yet that's the biggest myth around," notes Perlin-Alperstein. "Think about it: Sex isn't spontaneous when you're dating. That's when people make sure they're showered, that they have on their prettiest lingerie, their cologne. It's married people who never plan for sex!"

Mind over matter

Why not? Lack of motivation is probably the most likely reason. "Ironically, that's the nature of long-term relationships," points out Pepper Schwartz. "People get bored with each other. What's more, once they're secure in a relationship, many people stop primping for each other, and this diminishes eroticism."

"The other night, John came into the bathroom to talk to me while I was in the tub," recalls Carol. "Suddenly he said, 'Carol, you're beautiful.' In the old days, it wouldn't have surprised me to hear him say it—after all, I felt beautiful. But that night, though it was nice on one level to know he's attracted to me, I felt shy and self-conscious. I still haven't lost the weight I gained during my pregnancies. I never diet or exercise. I feel more like a chubadub than a sexy wife."

Says Perlin-Alperstein, "Women like Carol are in what I call the shlumpy era. You have to feel attractive to want sex. And most women, if they've gained weight or their shape has changed, are not going to feel sexy. Period."

But, of course, some women still do—though they seem an anomaly to the rest of us. Mary, twenty-nine, the mother of three-year-old Sara, described a recent evening when she and her husband, Nick, went out with their old friends, Claire and Tom, who are the parents of two boys. "Cl was wearing a dress that was so tight it looked like a suit," Mary related. "She was so sexy, it made me ma thought, She's a *mother*. A mother can be pretty, yes, sexy? Claire still has a single look about her."

Mary's sense that "mother" and "sexy" are mutu exclusive derives from another factor that can inter with many women's sex drives: biology. Experts note beginning in the late stages of pregnancy and las throughout their child's infancy, some women feel a ph cal tug toward t baby—and a from their band. The psy logical manisf tion of this tu ten creates a flict for both s Women feel can be matern erotic but certa not both; husb may feel less tracted to t wives once th become moth As children older, this ca come even mo a problem, cause teena both male an male, often ha when their n ers dress pro tively or act seductive way

The new pressures

Fatigue is an drain on sexu "I drag m home some ni so wrung out barely get m into bed," Jeannie, th one, an u planner in York City. "I husband proaches me, for a chaste k find myself t ing, Please come anyw within ten f me. I don't to—and I possibly—deal with one more demand."

Are there more pressures on women today? Yes ar says Perlin-Alperstein. Unlike their mothers, women are not chained to kids, stove and laundry room. Bu roles have changed dramatically, and both sexes they've taken on more emotional responsibilities as *She* worries about developing her career—and his. *H* ries about the emotional quality of his children's li sex becomes another pressure for women, it's the e one to let go.





ut what about the men? They're / and tired, too, but you don't hear n grumbling about lost sleep.

'here's a basic difference between and women in this regard," ex- ns Schwartz. "Women are more ent to let their sex life slide be- e their intimacy needs are met in y ways: through communication other women, by touching their and so on. Men's intimacy needs often met only during sex. They this affectionate release so much ercomes exhaustion."

evertheless, many women are sim- nore tired than their husbands are ie evenings. They may work at an e, but they still shoulder the ier burden at home. So the ques- is, how long can these not-tonight- y wives keep saying no before husbands look elsewhere?

ough statistics on infidelity in riage are hard to come by wartz says about 30 percent of ied women and between 40 and ercent of married men will stray ome point), most experts agree Shirley Zussman, who says, "Af- are usually spurred on by a more ralized sense of dissatisfaction the relationship than by sexual pells. A man is not likely to stray ie basis of deprivation alone." As one husband told me: "I'm not tempted to have an affair with another woman. I want to have an affair with my wife!"

The balancing act

So how can couples deal with the disparity in drive without one spouse feeling like a sexual bully and the other feeling besieged?

"People need to be more creative in their definition of good sex," says Perlin-Alperstein. "If your definition is intercourse with mutual orgasm three times a week, you're bound to be disappointed. A couple raising children and building careers have less time and energy for frequent sex. That's reality. Singles are adjusting their sex lives to AIDS—why shouldn't couples adjust theirs to the demands on their lives?"

Indeed, one of the first steps toward a richer sex life is accepting the fact that at certain stages less intercourse is normal. Instead of trying to compare your sex life with others' or even to some fantasy image of what you think you should be having, you and your husband should ask yourselves whether the decrease in your sexual connection is a major problem or just a blip on the screen of an otherwise good marriage. The happiest couples are able to accept the status quo, even joke with each other about it. They sense that a more lusty, frequent sexual connection will return at another stage of life.

Of course, you don't want to become too complacent or you may lose the specialness of your relationship. In other words, at some point, someone has to say, "This is crazy. We're married and we love each other—let's make love!" ■

Dorothy Glasser Weiss is a New York–based free-lance writer and the mother of two young children.

Tips for too-tired wives

■ **Sex doesn't mean only intercourse. It's kissing, holding hands, smelling cologne on his neck, brushing up against each other in the kitchen. If you're doing any of these on a regular basis, you're having regular sex!**

■ **Occasionally rewrite the script. Though couples are sometimes anxious about varying their sexual patterns, a too-predictable approach can be boring. Decide together to vary yours, to play out your fantasies.**

■ **Stop battling about who had the worst day. Ask instead, What kind of sex can we both handle right now? Agree to just cuddle if that's all the energy you have.**

How to be GOOD to yourself

How long has it been since you've treated yourself to an enchanted evening out, or even an afternoon curled up with a best-seller? Here are some ways to make time for yourself. Don't feel guilty about having fun!







Giving yourself a break

SOME WOMEN ARE SUCH EXPERTS AT TAKING CARE OF OTHERS THAT THEY FORGET TO EVER GIVE THEMSELVES A BREAK. TAKE THIS QUIZ AND FIND OUT IF YOU'RE ONE OF THEM. BY CAROL WESTON

1. You and your husband are planning a brief getaway for your anniversary. Your ten-year-old is taking it personally and has been sullen for days. You:

a. Resent his behavior and tell him that you deserve some rest and relaxation, too

b. Wish he'd cheer up, but reassure him that you love him, will call every day and will be back home in no time

c. Feel torn—your son needs you, but so does your husband

d. Cancel the trip—how could you enjoy yourself knowing your son was miserable?

2. You're almost out the door when your least favorite colleague asks for a lift home. She lives ten minutes out of your way, and you'd rather spend that time at home than listen to her whine about the shortage of decent men. You:

a. Turn her down and think she has a lot of gall to ask

b. Drive her home—feeling you have no choice

c. Beg off politely, explain that your family is expecting you, and promise to give her a ride another time

d. Say no. *(continued)*



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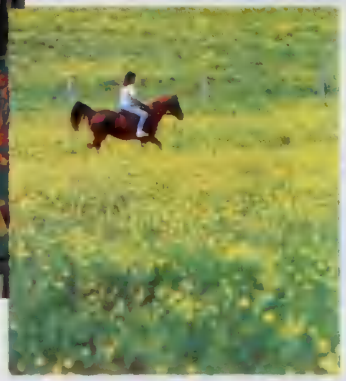
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Photos, from left: Four By Five, Int'l.

(continued) then feel guilty about saying no, then feel angry about feeling guilty about saying no

3. Miracle of miracles—both your kids are taking a nap! You:

a. Run a load of laundry

b. Take a bubble bath

c. Relax with a crafts project

d. Watch TV—but wonder if you shouldn't be planning dinner or weeding the garden

4. Your sister wants to drop her hellions off for the weekend—again. You say:

a. "Sure, what time?" then wince—you just know they'll turn your house upside down

b. "I'll take them for one afternoon only, but let me give you the numbers of my best sitters"

c. "I can't, I've got my hands full," and then regret seeming selfish and call back to offer your services after all

d. "Are you kidding? It's our turn to dump our kids off with you for a change"

5. How much does your husband help around the house?

a. More than he used to—thank heavens!

b. Very little, but, oh, well, you're used to doing most of the chores, anyway

c. Not much, and while part of you wishes he'd do more, part of you feels it's not really supposed to be even-steven

d. A lot. Scrubbing the bathroom is not your strong suit

6. At a party, someone asks you about your new part-time job. You:

a. Confess that you worry you're shortchanging your job and your family

b. Describe the job with a great deal of enthusiasm

c. Say, "Oh, it's just something I do a few hours a week. What do you do?"

d. Launch into great detail about all the responsibilities of the new position

7. Your husband calls to say he'll be working until midnight. You:

a. Nuke some leftover pizza and make him a dinner for later

b. Pig out on a huge banana split, but then chide yourself for the indulgence

c. Order in or grill a lamb chop and open that bottle of wine

d. Make yourself a delicious salad or sandwich

8. When you jog, take a course, meet a friend for lunch, have a night out with the girls or do anything just for you, you feel:

a. Lucky and happy—everybody's entitled to a break

b. Distracted—you know that you're taking time away from your family

c. Selfish and irresponsible

d. Just great, thanks. How should you feel?

Scoring

According to Debra Schwartz Kuhn, Ph.D., a psychologist in Long Island, New York, "A lot of women get caught up in mothering their children, their husband, their co-workers and even their own mothers, yet need permission to mother themselves. They need to hear that it's okay to give themselves some space and time apart from all of their demands."

Add up your points as follows and see how *you* fare at taking care of yourself.

1. a-3, b-2, c-1, d-0
2. a-3, b-0, c-2, d-1
3. a-0, b-3, c-2, d-1
4. a-0, b-2, c-1, d-3
5. a-2, b-0, c-1, d-3
6. a-1, b-2, c-0, d-3
7. a-0, b-1, c-3, d-2
8. a-2, b-1, c-0, d-3

If your total is:

0 to 5 — You're self-sacrificing

People may appreciate your willingness to please, yet your own needs often go unmet. You should give yourself the credit you deserve and think about what you want. It's nice to be other-oriented, but not at the expense of your own happiness.

6 to 12 — You're guilty, guilty, guilty

You're good at figuring out what you want, but then you sometimes spoil things by second-guessing yourself. You said you'd help someone? Fine, do it with gusto. You said no to someone? Fine, now let it go. Trust yourself—and once you've made a decision, try to feel good about it.

13 to 18 — You give and take

Bravo. You are neither selfish nor self-effacing. You are good at paying attention to others' needs as well as your own, and you're not afraid to speak your mind. In fact, you know that you can take care of others most effectively if you continue to take good care of yourself at the same time.

19 to 24 — You look out for number one

A martyr, you're not. Your attitude is: You only go around once, so why spend your life being chauffeur, chef and charwoman for everyone else? Fair enough. But soften your position with tact, and put yourself in others' shoes from time to time so you don't alienate those you love.

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Let yourself live a little

Far from being a cardinal sin, being good to yourself should be a cardinal rule. If you're not indulging yourself enough, here are some ways to start—and also inspire others to share the load

What *you* can do

■ Block off some personal time for yourself on the kitchen calendar where all family members can see it. Whether it's a half-hour to do needlepoint or time to work in the garden, honor that appointment. ■ Don't suffocate your family. Show your children how to make their own school lunches. And "don't push your husband away when he wants to take care of the kids because he does it differently," suggests Connecticut therapist Carol Hovey. "You should let go, and learn to acknowledge that although his way of caring for them may not be yours, he can still do a fine job." ■ If you've eliminated a passion from your life simply because your family doesn't share it, bring it back. Arrange a skiing day trip with friends who'll whoosh down that mountain with you. ■ Keep in mind that you shouldn't look to your husband to fulfill all your needs. "You need time with your friends," advises Hovey, "and so does he."

What *he* can do

■ Have your husband make a list of his least favorite chores, and you do the same. Then sit down and negotiate trades. It may turn out that, since you asked, he'd gladly vacuum the floors if he didn't have to wash the car, while you really don't mind cooking but abhor ironing. ■ While you're both at the negotiating table, why not sweeten the deal by swapping romantic gestures as well? Make an agreement to surprise each other at least once a month. Perhaps you might tuck a love letter into his briefcase. Or he might give you a "gift certificate" for a massage from *him*. The idea is not to be expensive but expansive. ■ Put him in charge of starting an escape file, with clippings of quick one-day or weekend getaways for the two of you. He should categorize them into places to go on a whim and those that will require reservations or further planning. Then one of these weekends, *do* it! —CATHARINE A. HENNINGSEN

Small pleasures

Being good to yourself means taking time out now and then to pamper yourself. So whenever life in the nineties becomes just too busy to bear, try a few of these private indulgences. ■ Get a relaxing pedicure during a lunch break (many department stores now offer them)—even if *you're* the only one who sees your toes! ■ Make your bathroom a mini-spa. Check out a scent-sational store like Crabtree and Evelyn or the Body Shop and stock up on bath oils and soaps in your favorite fragrances—as well as body sponges, brushes and loofahs. ■ Get all dressed up and spend an enchanted evening with your spouse dining and dancing at a romantic hideaway. (Send the kids to your sister's house.) ■ Take out the old photo albums and reminisce with the family. ■ Don't think twice the next time you fall in love with some frivolous little flea-market find. Just buy it, even if only you think it's a treasure. ■ Okay, you're watching your weight, but it *is* past bathing-suit season...Buy just one or two top-quality chocolate truffles, and don't share. ■ Have a little innocent fun with your husband and fantasize you're living the lifestyle of the rich and famous. Visit a for-sale luxury home in your town, and tell the realtor you'll think about it. ■ Learn a new sport you've always wanted to master, like golf. You deserve the lesson. ■ Sit beside a cozy fire and write letters to friends and relatives you've been meaning to keep in touch with. ■ Buy just one fabulous lipstick. —LINDA FEARS

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Personal Style

Something old, something new . . . a treasure trove of traditions in fashion, food and furniture



HOW TO BUY SMARTER

Compact-disc players are a music lover's dream come true. Here, finding the model for you



Decorator's Notebook

Up-to-the-minute ideas for the home—tile style, chic black-and-white accessories and an update on standout fabrics. Also, what your favorite collectibles from the '60s are worth today



ON THE ROAD

Fun in the sun: Mexican hideaway, what's new at the wonderful worlds of Disney, and top ski resorts east and west that the whole family will enjoy

P.S. Personal Style

New traditions

When it comes to current clothing, cooking and home decor, everything old is new again



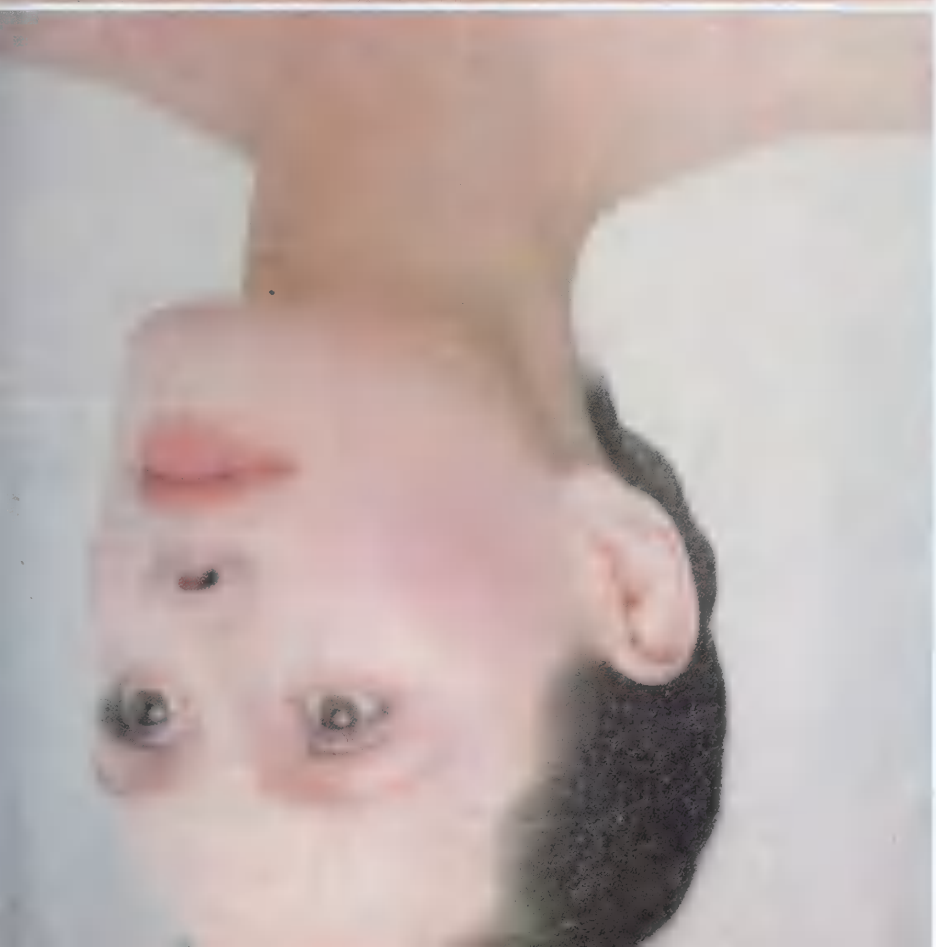
L.L. Bean's original Baxter State Parka isn't just for mountain climbing in Maine anymore



Roughwear redux: DKNY's hot-hued anorak is a luxe look for ski or city. Best way to wear these sporty shapes? With skinny leggings or a unitard

Out of the woods and onto the runways, sporting gear has become chic. Following such trail-inspired styles as jodhpurs and stirrup ski pants are anoraks, parkas and duffels in unexpected colors and fabrics. Top designers like Donna Karan, Calvin Klein and Ralph Lauren have taken L.L. Bean's outdoorsy toppers and dressed them up with silk, velvet and fur trim, making refined rugged the trend in weekend wear.







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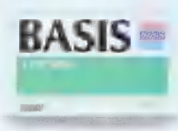


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Classic cooking



Community cookbooks are more popular than ever, due to the craze for regional fare. Important too: Americans' devotion to charitable causes funded by these cookbooks. This recipe for Autumn Pound cake is from one of our favorite community cookbooks, "Cooking Is Our Bag," from the Overlook Hospital Auxiliary, Summit, New Jersey.

AUTUMN POUND CAKE

Prep time: 15 minutes
Baking time: 1 to 1¼ hours

- 2½ cups sifted all-purpose flour
- 2 teaspoons cinnamon
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ½ cup butter, softened
- 1½ cups granulated sugar
- 3 large eggs
- 1 cup yogurt
- ½ cup canned pumpkin
- 1 cup chopped walnuts

Frosting
- 1 package (3 oz.) cream cheese
- ½ teaspoon vanilla extract
- 2 cups confectioners' sugar

Walnut halves, for garnish

Preheat oven to 325°F. Grease and flour 12-cup Bundt pan. Combine flour, cinnamon, baking powder, baking soda and salt in bowl. Beat butter in mixer bowl at medium speed until softened. Add sugar and beat until light and fluffy. Add eggs one at a time, beating after each addition. With mixer on low, add flour mixture alternately with yogurt and pumpkin, ending with flour. Stir in chopped walnuts. Pour into prepared pan. Bake 1 to 1¼ hours, until toothpick inserted in center comes out clean. Cool in pan on wire rack 10 minutes. Unmold onto rack and cool.
Frosting: **Beat cream cheese and vanilla at low speed until fluffy. Gradually beat in confectioners' sugar. Spread frosting on cake. Garnish with walnuts. Makes 20 servings.**

Top photo, Seth Roth.

Cleaned-up country





The country look to have today is spare and pared down, not cluttered and stenciled. Seek out gracefully simple pieces like a painted armoire (left) from Lane's Shaker Collection or an elegant sleigh bed from Grange's Cherry Collection (green is a favorite shade). The new Domaine Collection from Thomasville and Scandinavian country pieces from Jeffco are winners as well.

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ESBYOPIA. Why people over 40 have trouble ling "3's" from "8's" in the phone book.

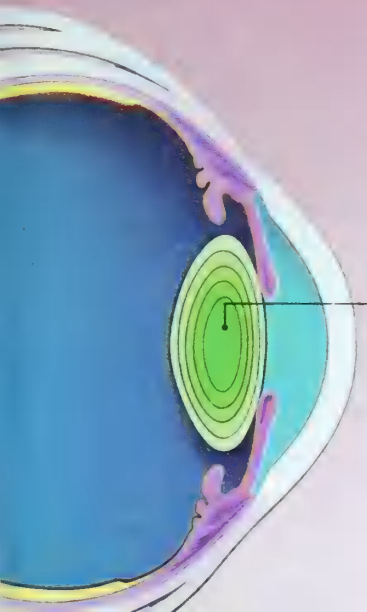
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P.S.

HOW TO BUY SMARTER

CD PLAYERS

With just a little research and some hands-on testing in the stores, you can find the perfect compact-disc player to fit your audio needs and your budget. By Brent Hersey

THE SOUND OF MUSIC

The standard wisdom—supported by such magazines as *Stereo Review* and *Consumer Reports*—is that sound quality is superb, even on the cheapest CD players. Although manufacturers tout such technical sound refinements as four-times oversampling and dual digital-to-analog converters, there's debate about whether these high-tech sound enhancers are audible to the majority of listeners.

If you consider yourself an exacting audiophile, ask the salesperson to play a quiet piece of music—a piano solo, for instance—or bring one with you when you're shopping, suggests Peter Brady, hi-fi marketing manager at Sony. "In digital technology, the quieter the music, the harder it is to reproduce," he explains. "Listen to the disc at the same volume on a variety of models and see if *you* can tell the difference."

THE ABCs OF CDs

- Single-play CDs are the standard home units; they come with a variety of programming features. There are some real bargains in this category—machines that cost little more than $100—and many versatile, easy-to-operate models with extras such as remote control are priced in the $200 to $300 range.
- CD changers hold from five to ten discs and allow you to program several hours' worth of music at once. You can probably find a model with a changer for well below $400; however, loading discs into these machines is slightly less convenient than for single-disc players.
- Portable CD players are scaled-down versions of the larger machines. They're powered by batteries for away-from-home listening, but most models can also be patched into your home audio system and played through your speakers. Their size is an advantage if your shelves are crowded, but their controls and programming options may not be as convenient as those on larger models. Most portable CD players cost $200 to $300.

SPECIAL FEATURES

Programmability allows you to tell the CD player which tracks (or songs) to play, and in what order. However, even the most inexpensive machines let you program twelve or more songs, and many CD owners report that they rarely take advantage of this feature anyway.

Remote control lets you listen selectively by skipping from track to track without programming the machine beforehand.

Shuffle play instructs the machine to play tracks in a random order, adding an element of surprise to your listening.

Memory is usually available only on certain higher-priced machines. A memory bank will recall previous programming instructions so that you don't have to reprogram each time.

SHOPPING TIPS Try out CD players before buying. Is the player sturdy and well built? Are the programming functions convenient to operate? Is the display clear and informative? How long does it take the machine to respond to commands? Are discs easy to load? Often, how easy a player is to work will be the final deciding factor.



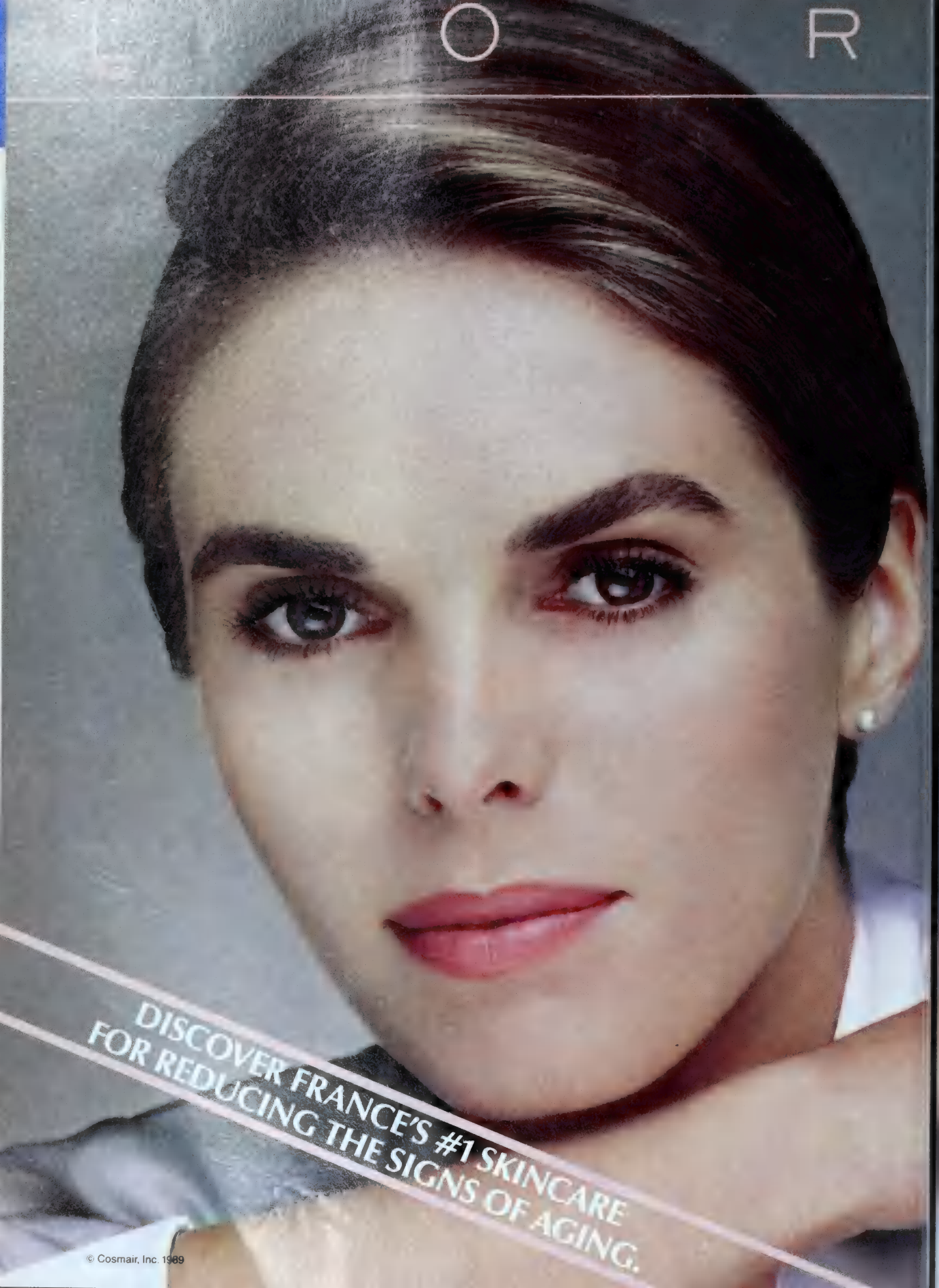


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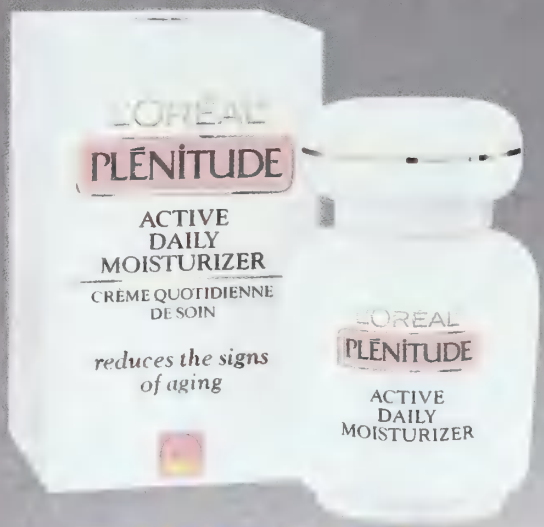
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Plénitude Active Daily Moisturizer...
the soft, supple, radiant look of skin that thrives ...not just survives.



L'ORÉAL®

PLÉNITUDE

Reduces the signs of aging.


L'
PARIS
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ANCE'S #1 SKINCARE
THE SIGNS OF AGING.
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NEW YORK

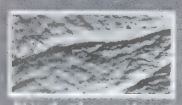
NOW THE SOLUTION FOR REDUCING FINE LINES AND WRINKLES.

INTRODUCING PLÉNITUDE WRINKLE DEFENSE CREAM

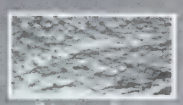
Instantly, you can challenge the signs of aging, with this enriched, silky-textured formula from the Skincare Laboratories of L'Oréal. The results:

- fine lines and tiny wrinkles disappear instantly
- deep wrinkles diminish visibly, with continuous use
- skin's appearance is revived, resilient...with renewed elasticity...a luminous, soft, supple tone

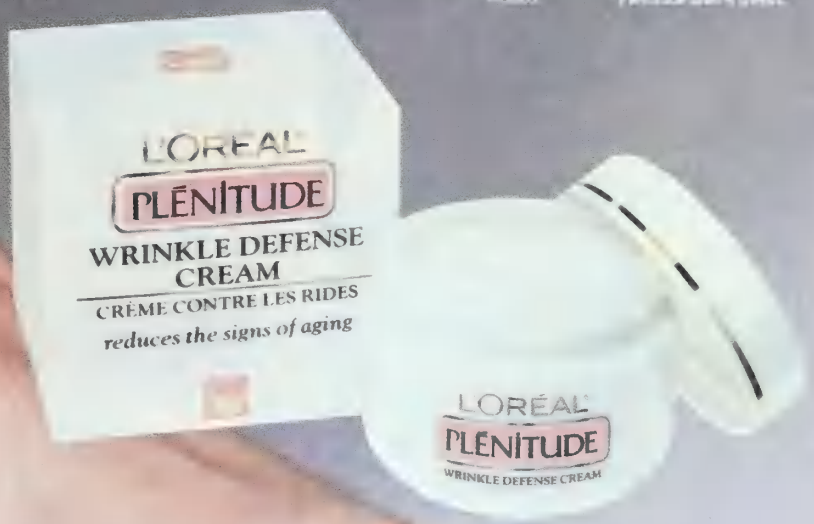
Plénitude Wrinkle Defense Cream... the feel of skin that is rested, relaxed... a look that defies the challenge of time.



Skin that has not been treated



Skin treated with Plénitude after 4 weeks



L'ORÉAL®

PLÉNITUDE

Reduces the signs of aging.

P.S. Decorator's Notebook

An up-to-date take on the trendiest touches to make your house your home

Opposites attract





Sheets by Esprit; dinnerware and placemat, J.C. Penney; napkin, Williams-Sonoma.

Black and white is chic all over . . . and the dynamic duo is showing up on everything from sheets and table linens to towels, rugs and checkerboard floors. The perfect foil for a muted pastel decor, the combo also gives great graphic impact to a bright, primary-color scheme.

Fabric flash

Upholstery is breaking out of the chintz cycle, and fabrics that have a way with a weave are newsy now. As textures replace prints, look for rich-hued jacquards, damasks and tapestries to dress up furniture.



Wild for tile



Ceramic tile is all the rage. New now? Personalized painted motifs like the ribbons and bows, left. Other snazzy tile styles: quilt patterns, faux marble, French country floral murals and contrasting art-deco checks.

Some photos, such as these, are taken during shoots.



Let it snow. Let it hail. Let it rain or
nder or storm.

With a Jenn-Air grill-range, the
rks of wind and weather can't put a
nper on your barbecue plans.

Because with a Jenn-Air, you can
becue in your own kitchen. Cozily
ure from all those pesky climatic changes
t can ruin a cookout.

Imagine hearing the patter of rain on
roof and the sizzling of steak on the
l—at the same time.

Think about enjoying a savory grilled
non filet in the middle of the winter.
middle of the night, for that matter.

With Jenn-Air's downdraft ventila-
n system, just enough smoke penetrates
r food with that robust outdoor flavor.
d then it's whisked away to the outside,
nout the need for an overhead hood.

WITH A JENN-AIR, THERE'S NEVER A BAD TIME FOR A BARBECUE.

And on those occasions when you want something besides grilled foods, you can snap in a variety of accessories to increase your menu options. Like a wok. Or a griddle or even a Rotiss-Kebab.

So before you buy just any cooktop, take a look at the long-range forecast. And

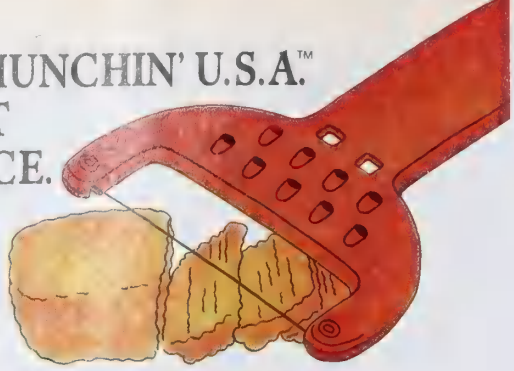


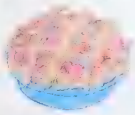
if it's going to snow, rain, hail, or get dark in the coming year, better get a Jenn-Air.

JENN-AIR

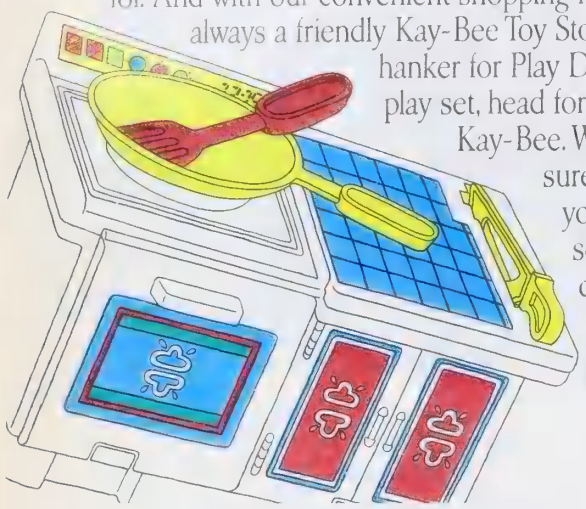
d out more, see the Yellow Pages for the Jenn-Air dealer nearest you. Or write Jenn-Air Co., 3035 Shadeland Ave., Indianapolis, IN 46226. © 1989 Jenn-Air Co.

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Tonka KAY-BEE® AMERICA'S TOY STORE

P.S.

Decorator Notebook

What's it worth?

Sixties memorabilia is in demand these A few examples of prized items: Pontia GTO (1967-68), $20,000; mint-condition first pressings of record



albums such as the Beatles' *Yesterday and Today*, $400–$500, and Grateful Dead albums, $100; mint-condition board games like the Star Trek game, $80–$100, and Man from U.N.C.L.E., $40–$50; superhero comic books in mint-condition—top values incl Spider Man (1963), $1,500–$2,000, and Fantastic Four (1961), $1,600–$2,300; l boxes such as the Beatles' Kaboodle Kit $600 and the Jetsons (dome top), $150 rookie baseball cards—1967 Tom Seaver, $650–$750, 1963 Pete Rose, $ and up, 1968 Nolan Ryan, $250–$300; typed letter signed by JFK, $2,000.



"What's it Worth?" will feature appra of readers' antiques. Send a color plus any info you know about the i to: Prime Shopper Appraisals, LHJ, Park Avenue, New York, NY 10017



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P.S. ON THE ROAD

Shake off the cold-weather blues and start packing. We've got the inside track on fabulous family getaways



What's new at Disney

WALT DISNEY WORLD With the Disney-MGM Studios pulling in unprecedented numbers of guests, Disney is opening four new hotels: The seven-hundred-sixty-room Swan Resort and the Dolphin Hotel and Convention Center, both designed by Michael Graves, as well as two turn-of-the-century New England traditional hotels, the Beach and Yacht Club.



And if you have energy to spare after you tour the Studios, there's Pleasure Island, with six themed nightclubs for adults and older children.

DISNEYLAND On the other coast, the Anaheim park opened Splash Mountain in July, an animated waterborne journey through the swamps and bayous of Disney's 1946 hit movie *Song of the South*. It includes a fifty-two-foot, forty-five-degree white-knuckle drop down Chickapin Hill at a speed of forty miles per hour.

If you're not ready for a fantasy holiday right now, there's more in store for the nineties: Euro Disney, coming to Paris in 1990. Ooh-la-la! —MARY MOHLER

VIVA MEXICO

Mexico is not the country you usually think of for a secluded beach resort. But there's still time to visit Mexico's newest resort before it becomes a paradise lost. Get to the Bays of Huatulco, a network of nine exquisite coves south of Acapulco, now, and take advantage of the uninhabited beaches at the handful of hotels pioneering in the area. Huatulco's pristine white sands and azure waters are earmarked for more development than Acapulco and Cancun.

A new Club Med (with five hundred rooms and five restaurants) and the half-completed Sheraton are almost the only game in town. Most of the coves are still reachable only by boat. Hiring a private boat is a great idea ($60 to $100 per day—negotiate with the owner). The operator will take you by each of the bays and allow you to choose your favorite for a quiet romantic lunch and pick you up later.

Also worthwhile is a side trip to the region's main city, Oaxaca, a forty-minute plane ride away. (Club Med offers excursions.) The highlight is the impressive excavation at Monte Alban, an Indian city built more than two centuries ago.

Getting there It's not easy yet. Although there's a new airport at Huatulco to handle the expected influx of tourists, there are no direct flights from the United States, except for the Club Med charter. Mexicana offers flights from Mexico City. Check with your travel agent, because this situation could change at any time as the resort grows. For more information, call the Mexican Government Tourism Office at 800-262-8900. —ERIC SHERMAN



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ept fresh because Marie's is refrigerated in the produce section. So pick the salad dressings
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N THE PRODUCE SECTION

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A Place To Discover

op family ki resorts

Never skied before? On National Learn-to-Ski Day, January 19, lessons and equipment are free for first-time skiers. Check at ski shops for information.

Each of these off-the-beaten-track ski areas has a distinct personality, and they're welcoming more families than ever. Here's what's new at resorts you may not have tried.

TAOS SKI VALLEY, NEW MEXICO

Skiers love Taos for its Tyrolean at-



mosphere. They also love the fact that Taos is surrounded by desert mesa, with the Town of Taos, a blend of Native American and Spanish influences, eighteen miles away.

This month Taos opens its resort center, with shops, galleries and restaurants, at the mountain base. Also new is a Kinderkare center—child care just for one- and two-year-olds (kids three and up take part in ski and play programs).

A good bet: learn-to-ski-better packages, where family members take lessons at their own pace. A learn-to-ski-better week is also a great way to explore Taos' famed expert trails. For information, call 505-776-2291.

WATERVILLE VALLEY, NEW HAMPSHIRE

Last year this resort, in the White Mountain National Forest, built a village center just five minutes from the slopes, with restaurants, shops, ice skating, sleigh rides and a cross-country ski center. Waterville—which boasts plenty of intermediate skiing—has also added a high-speed quad lift, which whisks skiers to the top of Mt. Tecumseh in minutes.

Family packages let kids under twelve ski *and* stay free. Packages include use of the resort's nursery (infants to twelve years) and sports center. For information, call 603-236-8371.

TELLURIDE, COLORADO

Telluride, high in the craggy San Juan mountains, is known for steep expert runs and its inaccessibility. But that image is changing—this ski area has doubled its beginner and intermediate terrain and expanded its airport. Despite this growth, Telluride remains a manageable resort with a great ski school, short waits for the lift, and a sophisticated town filled with Victorian architecture right at the base of the mountain. Skiers can stay in town or in Telluride's new mid-mountain resort. Parents will appreciate the children's center—it includes kids' rentals, ski school and day care all in one building. For information, call 303-728-4431.

—SARAH MCCRAW

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BY BALICA™ DOLLS

Decorator's Notebook

P.S. 12: Regency Chair from furn collection #2000.08, upholstere Les Oiseaux damask #80752.02, t trade at Brunschwig & Fils, NYC more information write: Brunschw Fils, 75 Virginia Road, White P NY 10603, 914-684-5800. Black white sheets from the Esprit Bed Bath Collection. For more informa call 212-382-5185. Dot and Strip versible place mats and Bravo di ware available at most J.C. Pe stores, 800-222-6161. Bistro N from Pottery Barn, 415-421-3400 information on how to decorate ceramic tile write, Tile Counc America, P.O. Box 2222, Dept. Princeton, NJ 08543-2222. P.S. 1 more information about Jenn-Air the Yellow Pages for the Jenn-Air er nearest you or write Jenn-Air 3035 Shadeland Ave., Indianapoli 46226.

P.S. Where-to-buy guide

Personal Style

PS 2: L.L. Bean Baxter State Parka, available through the L.L. Bean catalog, 800-221-4221. Donna Karan anorak available at Saks Fifth Avenue. PS 3: Basis Soap is available at Walgreen's, CVS, Osco Drugs, Long's, Drug Emporium, Revco, Eckerd Drug, Rite-Aid, Safeway and Target. PS 4: Shaker armoire from the Lane Company, P.O. Box 151, Altavista, VA 24517, 804-369-5641 (if requesting a brochure, ask for Lane's Shaker Collection). Sleigh bed from the Cherry Collection at Grange Furniture, Inc., 200 Lexington Avenue, New York, NY 10016, 800-445-5195 (for a catalog, send a $10 check and a SASE to the above address). For more information on Jeffco's Scandinavian country collection write: Jeffco, 1 North Broadway, White Plains, NY 10601, Attn: Customer Service. For more information on Thomasville's Domaine Collection, call 800-225-0265. P.S. 8-P.S. 11: L'Oréal Plenitude is available at Walgreen's, Osco Drug, Eckerd Drug, Long's, People's Drug, Thrifty, Revco, Target, CVS, Thrift Drug, Genovese Drug, Payless Drug, Super-X, Drug Emporium, Phar-Mor, Mervyn's, Pay N' Save, Perry Drug, Ross Stores, Skaggs Alpha Beta, Venture, Albertsons, Brooks Drug, Dart Drug/Fantel's, Fay's Drug, Fred Meyer, H.E. Butt, Smitty's, Tom Thumb/Page, Wal-Mart (where available) Kroger (where available), F & M (where available), Fedco (where available).

Product informati directory

P.S. 5: Varilux: The clear choice over cals. For information on Varilux lenses free brochure explaining presbyopia (t ability of the eyes to focus sharply fo vision, call 800-BEST-PAL. For an ey professional near you, call 800-562- P.S. 8: Discover Plenitude skincare fron réal—the #1 skincare in France for ing the signs of aging. High Perfor daily care, special care and cleansing f las enable your skin to actively defend against the signs of aging. $2.00 off ed Plenitude products are now availa the Health and Beauty Aid section of a near you. See "Where to buy guide store listings. P.S. 15: Service Master- can count on "The Home Team" to tac of your toughest household problems. free brochure call 800-WE-SERVE. month look for Quicker Tape™, a tradi tape measure with digital technology— tal display and memory—that makes suring tasks easier, quicker and more rate. Quicker Tape can be purchas Consumers Distribution, Service Mer dise, The Sharper Image and other le retailers. For more information, call 628-0300.

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SUCCESSFUL HOLIDAY DRESSING

2 bags Success® Rice, cooked
½ lb link sausage, sliced
1 medium onion, chopped
½ cup chopped green onions
½ cup chopped celery
½ cup chopped green bell pepper
½ cup chopped red bell pepper
½ teaspoon garlic powder
1 teaspoon seasoned salt
1-2 teaspoons poultry seasoning
½ cup chicken livers, cooked and chopped (optional)

While rice is cooking, place sausage and vegetables in large saucepan. Sauté until tender. Fold in cooked rice. Add seasonings. Fold in chicken livers, if desired.

Makes 8 servings.

For a special holiday treat, use one bag of Success Brown & Wild Rice instead of the second bag of Success White Rice.

FAST.



sunrise. There's simply no
cious touch of sweetness.
l this wholesome ingredient
ve on honey today, and

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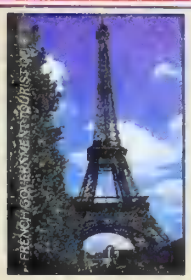
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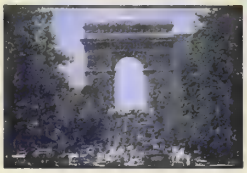

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7-Carat Genuine Diamond Necklace worth $10,000





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Pierre Cardin designer luggage worth $595



(2,500) **THIRD PRIZES**
Anne Klein perfume worth $25



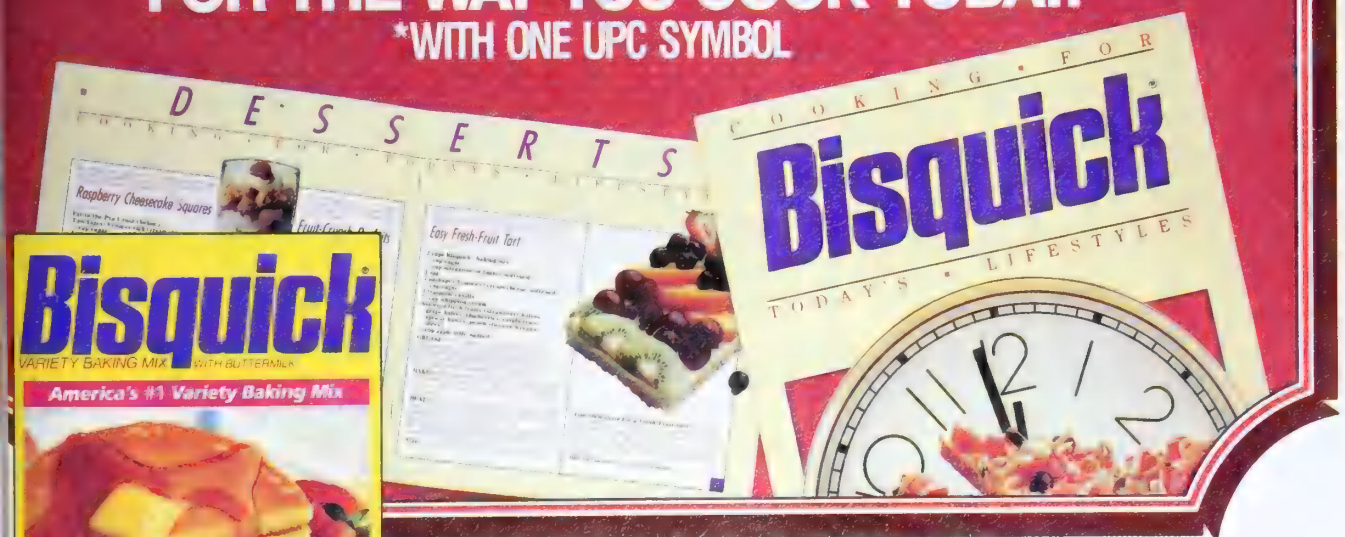
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1	**Grand Prize**	Video Entertainment Center (27" TV, Camcorder, VCR)
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Cast Your Dog in Your Next Home Video and Make Your Dog A Star!



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See Sweepstakes Rules on Panel

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It shouldn't be that easy. But it is.

Because every time you buy a can of tuna you support an industry that has killed more than 500,000 dolphins in the past two years alone. Almost seven million in the past 30 years.

How they are killed

You see, it's no secret that Yellowfin tuna and dolphins swim together. So by encircling the dolphins on the surface, tuna fleets can catch the large schools of tuna swimming below. Speedboats, helicopters, and explosives are often used to disorient the dolphins and thwart their impulse to flee.

The result is not a pretty sight. Unable to surface, entangled in the nets, these helpless animals—mammals who need to breathe air like us—struggle in desperation until they drown.

To date, the commercial tuna industry has refused to take serious steps to reduce the carnage. So the killing of dolphins goes on.

How you can help

Hit the tuna industry where it counts. In the pocketbook.

Just stop buying and eating tuna today. That will tell the tuna companies—loud and clear—that killing dolphins is going to cost them a lot more than it nets.

YES! I'm joining the tuna boycott.
Please send me your information/action kit on the dolphin slaughter. LHJ-11/89

NAME_____

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Here's my contribution to help in your rescue efforts:

☐ **$10** ☐ **$25** ☐ **$30**** ☐ **$50** ☐ **$100** ☐ **$250**

☐ **Other** _____.

**Any contribution of $30 or more qualifies you for FoA's beautiful, full-color, 100% white cotton T-shirt with a dolphin-saving motif. Unisex adult sizes: S, M, L, XL. My T-shirt size is _____.

Please make checks payable to Friends of Animals. Complete and mail to: P.O. Box 1244, Norwalk, CT 06856. Thank you. All contributions are tax-deductible.



Friends of Animals

VNN/MASSCOMM 002-89

PARENTS' JOURNAL

By Mary Mohler and Margery D. Rosen

ARE YOU A '90s MOM?

15 ways to be sure



1. Your baby's wardrobe puts yours to shame.
2. Your baby's favorite toys are the remote control on the TV and the volume knob of the CD player.
3. Your baby responds to the beep of the microwave the way your cat does to the buzz of the can opener.
4. You rent movies and order in pizza more often than you ever dreamed possible.
5. You worry about the environment but swear by disposable diapers.
6. You find yourself humming Raffi's "Down by the Bay" in public.
7. You have a video library of your baby sitting, standing, cruising and walking. You think these are far more interesting than the old home movies your parents used to take.



8. Your child already gets junk mail.
9. You worry about college (how to get in, how to pay for it), though your baby's only word so far is "duck."
10. Your toddler has his own tape deck.
11. You own plastic bibs, plastic bottles that can't break and plastic bath books that float. (Remember *The Graduate*?)
12. You spend more for the sitter than you do for the movie.
13. You worry about your baby's cholesterol level.
14. Your husband discusses the merits of various strollers and backpacks with the enthusiasm he used to reserve for sports cars.
15. You know it's impossible to do it all, but you're still trying, still trying.



Thanks for the muffins

Just in time for the holidays: Disney's new full-length animated version of the classic Hans Christian Andersen fairy tale "The Little Mermaid." Special for Thanksgiving from Chef Louis, the fat and funny palace chef: pumpkin chocolate-chip muffins any kid can make (with a little help from Mom, of course).

Preheat oven to 350°F. Grease twenty-four 2½-inch miniature muffin-pan cups.

Combine 1⅔ cups all-purpose flour, ¾ cup sugar, ½ cup miniature chocolate chips, 1 teaspoon *each* cinnamon and baking soda and ¼ teaspoon *each* baking powder and salt in large bowl. Whisk 2 large eggs, ¾ cup canned pumpkin, ½ cup butter or margarine, melted, ¼ cup milk and ½ teaspoon vanilla extract together in another bowl until smooth. Stir pumpkin mixture into dry ingredients with rubber spatula until just blended. Spoon into prepared muffin-pan cups.

Bake 15 minutes or until toothpick inserted in center of muffin comes out clean. Remove muffins from pans and cool completely on wire rack.

TRASH TO TREASURE

One of the key issues in any discussion of the environment is how to get our kids to be involved in cleaning up the mess around us. Waste Management, Inc., which operates Recycle America programs nationwide, and *LHJ* are sponsoring a contest to help kids (and parents) get a fresh perspective on trash. Children twelve and under are asked to create a two- or three-dimensional work of art using paper, aluminum and plastic (you must use all three) and lots of imagination. The three winners will be announced in the April issue. First prize is an all-expense-paid trip for four to Disney World; second, a ten-speed bicycle and a $500 U.S. Savings Bond; third, a ten-speed bike. (See page 270 for rules. Employees and family members of Meredith Corporation and Waste Management, Inc. are not eligible.)


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THE NEW DISCIPLINE

By Alfie Kohn

A decade ago, if you asked ten experts the best way to discipline children, you'd have gotten at least a *dozen* opinions. While there is still no one right way to handle kids, if any trend is emerging for the nineties it's a movement away from punishment (as in yelling, spanking or threatening) and reward, and toward



Phoebe Dunn/DPI

what child-development experts call self-discipline.

Research has shown that harsh discipline doesn't work. It might produce immediate compliance, but it also produces long-term rebellion.

One of the best studies, conducted over a twenty-year period by psychologist Diana Baumrind at the University of California at Berkeley, described three discipline styles that resulted in very different behavior traits in children. "Authoritarian" parents ("because I say so") were more likely to have distrustful, withdrawn kids; "permissive" parents ("do whatever you want") had children who lacked curiosity and self-reliance; but "authoritative" parents ("do it for this reason") had self-reliant kids.

The one lasting lesson children learn from power-based discipline is to use control and power to get what they want. Notes Thomas Gordon, Ph.D., who has developed his own program, Parent Effectiveness Training, "The truth is, the more you use power to control people, the less real influence you'll have on their lives."

It's just that thinking that led many experts a generation ago, inspired by the pioneering effort of psychologist B.F. Skinner, to recommend rewarding kids for good behavior instead of punishing them for the bad. Recently, however, an impressive pile of research has accumulated indicating that bribing children—which is really what reward amounts to—gets them thinking not about how they should act (and why) but about the cookie or the extra hour in front of the TV they're going to get. When parents aren't around, or when they run out of rewards, the child has no reason to behave.

With the new discipline, parents are consistently caring but firm—with a healthy dash of humor. As Nancy Samalin, author of *Loving Your Child Is Not Enough* (Penguin, 1987), points out, ideal parenting is "setting limits without putting children down," acknowledging a child's feelings even when you can't do what she wants. She may be angry or disappointed, but at least she feels you understood.

It also means attributing the best possible motives to your offspring. Says Marilyn Watson, Ph.D., an educator, "Parents often assume that because an action has a negative effect on them, the child must have done it to cause them pain. But maybe the wall just looked like a neat place to color a picture." To assume the best also invites kids to live up to those expectations, teaches them a good strategy for solving problems and creates a bond of trust.

Here are some patience-trying moments every mother has encountered and new ways to deal with them.

THE OLD WAY	THE NEW WAY
"Rachel, how many times do I have to tell you to get in there and finish that book report!"	"Rachel, what do you think we can do to make sure your homework gets done before you get too sleepy? Any ideas?"
"You can't ride your bike in the street. It's dangerous."	Some warning, but add "... I guess it's frustrating not to be able to do everything the big kids do, huh?"
"You get a dollar for every A you get this year, Jon."	"Wasn't it fun to figure out the answers yourself? You must be proud of how much you've learned this year."
"Look at the mess you made by splashing in the tub like that. You don't care about anyone but yourself!"	"I know you probably just got carried away splashing, but it makes me frustrated to face this mess after having cleaned the bathroom today. How about if we save the crazy splashing for the beach and keep the bathroom for getting clean?"
"Young lady, did you leave the door open like that?"	"Remember those mosquito bites you got last month? Well, I think I hear five million more mosquitoes buzzing up the driveway. Quick, what can we do to keep them outside?"

Alfie Kohn is the author of THE BRIGHTER SIDE OF HUMAN NATURE: ALTRUISM AND EMPATHY IN EVERYDAY LIFE, to be published in the spring by Basic Books.



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The search for quality time

Our panel discusses one of the working mom's most difficult challenges in the decade ahead: balancing work and family

BRENDA WADE: Let's explore some of the things you all think will be different about work and family life in the nineties.

ELLEN GALINSKY: I think the biggest myth of the eighties—the one that replaced "get married and live happily ever after"—is the concept of quality time. You leave your kids for eight or ten hours of the day, but the rest of the time with them will be focused and perfect. As if when you got home from work your kids would say "Thank you for coming home . . . I had a wonderful day without you." The truth is, most of us come home to what I call arsenic hour.



WADE: So how do you resolve that?

GALINSKY: I think we have to define quality time differently—it's not the carefully scheduled trip to the zoo but the two minutes when you see your child needs you and you stop whatever you're doing for him. It's not whether arsenic hour happens—it does, it will—but how you handle it, how you show your kids how to deal with problems that makes the biggest difference.

MARY MOHLER: I find that I also have to set priorities. I don't make elaborate dinners, I don't have a perfectly ordered household—it's absolutely true that you can't have it all. And that's one of the things that's been making women crazy—they still believe they have to live up to that Superwoman myth.

WADE: How does this tie into women's self-esteem?

MOHLER: I think that when women started working we all thought they'd get a tremendous surge of self-esteem and that they'd bring a new energy home to their families. I don't hear that; I hear women saying they're tired and split in so many directions that they feel they're giving short shrift to their kids, their husbands and their careers. When they feel low, nothing they're doing provides a sense of satisfaction.

WADE: How do you get time with your kids? Any practical suggestions? I know it's a problem for me. I try to schedule time with my kids, and they say, "See you later. I'm busy now." And I think, But I have a meeting later.

GALINSKY: And you really need unscheduled time.

MOHLER: Well, they take baths, don't they? That's twenty minutes of intimate quality time right there.

SHEILA KAMERMAN: You know, intimacy between spouses and quality time with your kids are really two dimensions of the same thing. And the real problem is time per se. Because there's another aspect to the whole question, which is time for yourself—in order to cover the bare minimum needed to keep work and home going, women have sacrificed friendships, recreation, social time.

WADE: Yes, this is a problem I confront often in my practice: Giving your kids quality time is almost impossible if you're frazzled and out of touch with yourself. If you don't take care of yourself, you're shortchanging your children.

GALINSKY: But let's not forget that quality time is a family issue, not just a woman's issue—fathers have something to do with this as well.

WADE: Yes, and one of the things that makes a good relationship with your kids possible is a loving relationship with your spouse . . . but we've seen a lot of anger between men and women. Is this over?

ALEXANDRA PENNEY: Anger is too strong a word. Anger was the eighties. It's subtler now . . . maybe resentment is the right word for what women are feeling. Yes, it will change eventually, but for now women are still the custodians of close relationships.

KAMERMAN: I think the notion of women as nurturers and men as achievers is a thing of the past. Women's work life and their domestic life will be—will have to be—integrated like they never have been.

Nineties know-how

Some practical ways to make time for your kids, your spouse, yourself.

- Show affection. A hug or an "I love you" is instant quality time.
- Forget the house. Nobody ever expressed a dying wish that she'd spent more time vacuuming.
- Think of your kids as Kate and Peter, not "the kids." You can get individual time by taking one to the grocery store, another to the car wash.
- Have a regular date with your husband, even if it's just once a month.
- Don't be rigid about schedules—letting the children stay up an extra half hour for special time with you is a great idea now and then.

BRENDA WADE is a practicing psychologist and former chair of the San Francisco Human Rights Commission; two children, 7 and 5.

ELLEN GALINSKY is co-founder of the Families and Work Institute in New York City; two children, 20 and 15.

SHEILA KAMERMAN is professor of social policy and social planning at Columbia University; has three grown children.

ALEXANDRA PENNEY is a widely read author of books and magazine articles on relationships; has one grown child.

MARY MOHLER is the managing editor of *Ladies' Home Journal*; three children, 6, 4 and 2.

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Stay-at-home moms speak out

The number of working mothers has increased in the past decade and will continue to do so in the nineties. But staying at home remains a valid and valued option for women who want and can afford to be with their families. Our special article in August, "The working mom's handbook," elicited numerous letters from women who do stay at home and want to express why they have chosen this option. Here are excerpts from their thoughtful letters.



Photos, from top: Dennis Hallinan FPG; Sally Sheik Ormiar

I was a working mom shortly after our daughter was born, until my husband and I sat down and really discussed the cost, not only in money, but in terms of our relationship and our daughter's development. The obvious decision was that I would resign, a decision we have not regretted. I didn't work for almost three years. I now work three to five days a month through an agency, as a nurse. I tell them when I am available, and they set up work for me. We don't live in an upper-class subdivision, but where we are is home. We don't have a BMW in the garage, but we do have a fairly new car that is well maintained. Our daughter is truly happy, healthy, well behaved and a joy to be around. She is secure in the knowledge that she is an important part of us, not just something else that needs to be dealt with.



What I do is not for everyone. But staying at home sure beats a forty-hour-plus workweek, hands down. Try it. You may like it.

—Patrice Carpenter, Kansas City, MO

What kind of a society have we become where intelligent mothers are convinced that they're not good for their children? Children don't need programs, they need love. I realize some mothers must work outside the home. But any woman who believes that her mothering is inferior to day care either grossly underestimates herself or else has no business being a mother.

—Jayne Dose, Gainesville, FL

I found the "Ask the Kids" section of your day-care article heartbreaking. Seven of the eight children quoted wished that Mom or Dad would spend more time with them. We have a generation of parents intent on fulfilling their self-centered wants at the cost of their children's very real needs.

—Paula Grier, Tulsa, OK

My husband and I have agreed to live within a very limited budget in order that I may be the sole caregiver of our children. Although I do not receive a salary, I consider my "career" one of the most satisfying, fulfilling and at times stressful jobs in society. Homemaking is an exciting and rewarding job and should be viewed as more than a leave of absence from society.

—Shelli Rehmert, Marquette, NE

Though your introduction stated that the day-care situation is a fact of life for the majority of Americans, not a choice, comments made by your panel members made it clear that the reason they are working is for themselves. Your magazine asked the question "What is government doing abut child care?" It is time to ask what parents are going to do about it. After all, we are the ones who brought these children into the world.

—Kim Holladay, Alpharetta, GA

I am a mother of two children under age four, and a full-time college student. Our income is about $20,000 per year, since I do not hold a job outside the home. I am away from my children about 15 hours per week. We drive cars that are several years old and rusty. We own an older house that we are remodeling bit by bit. But we are happy with our choice, and we are doing quite well with God's help. I want the American people to know that it is possible to have children who are cared for by a stay-at-home parent.

—Cathy Cornell, Columbus, OH

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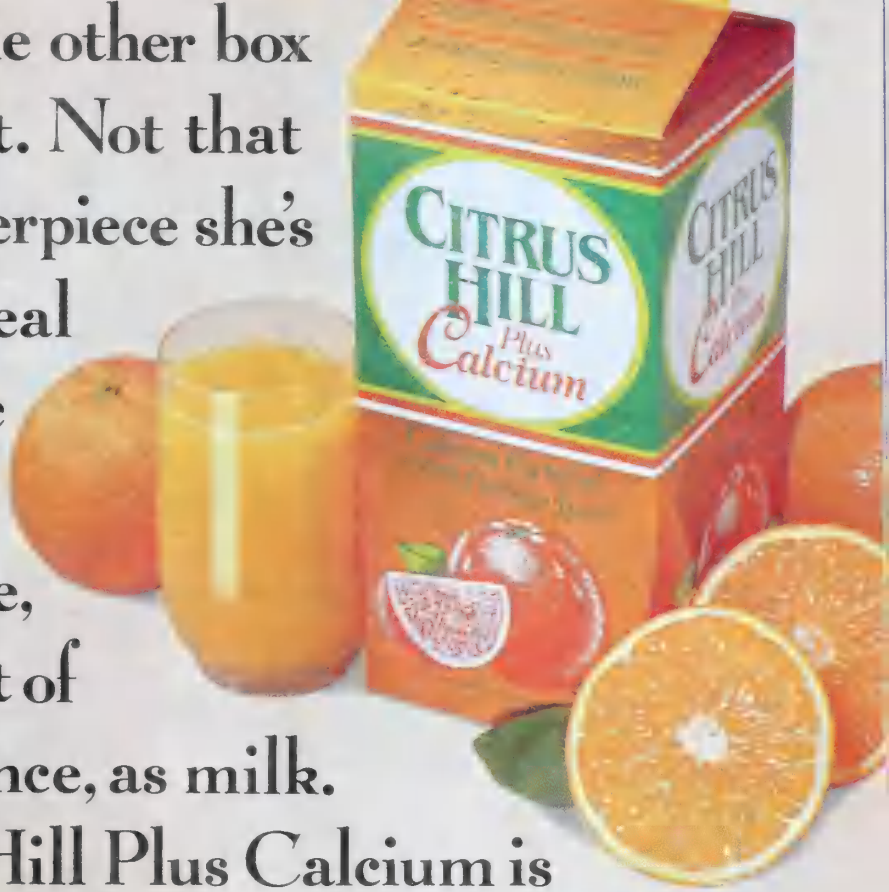
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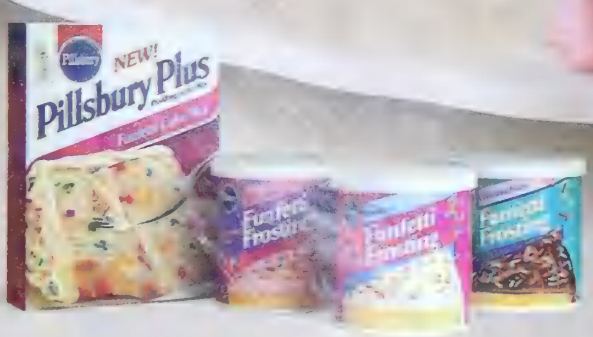
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THE CHILD-CARE PATCHWORK

In many areas of the country, the demand for quality day care exceeds the supply ten to one. Learn how parents are coping with this crisis—and what the solutions may be

By Irene Nyborg-Andersen and Pamela Guthrie O'Brien

This year, members of Congress finally started to realize what families all over the country have been trying to tell them for a long, long time: Parents need help with child care—and they need it *now*.

Last June, the Senate passed the Act for Better Child Care, or ABC bill, which would allocate $1.75 billion in child-care subsidies, including aid to low-income families and to states. But a child-care bill is far from becoming law; in fact, the House is considering two bills of its own—one that is similar to ABC—and experts say it will take a House-Senate conference to settle on one final piece of legislation. But what *is* encouraging, experts say, is that child care has at last made it to the top of the national agenda.

"Families are showing that they're hurting, that's why there's this sudden interest," says leading pediatrician T. Berry Brazelton. "We're in a national emergency, and it's high time."

Indeed it is. Today, less than one fourth of the country's families fit the traditional mold of working dad and stay-at-home mom. According to the Bureau of Labor Statistics, more than ten million children under the age of six have mothers in the labor force—usually, they work because they must.

"Two thirds of women who work are single, divorced, separated, widowed, or have husbands who earn under $15,000 a year," says Helen Blank, director of child care for the Children's Defense Fund (CDF) in Washington, D.C. "Mothers have gone to *(continued)*



LUELLA H. FULTON, 59

Grandmother/caregiver to Richard, 13, and Nicole, 1, Chicago

"It's like being a mom again," says Luella, about looking after Richard and Nicole during the week so that her two grown daughters can go to work. "It keeps you on your toes; it keeps you young." Luella, who has minded every one of her five grandchildren from birth until the age of thirteen, insists that second-time-around motherhood doesn't tire her but admits that it may not be for everyone. "A family has to be close," she says. "And the grandmother has to *want* to do this." In fact, Luella enjoys the arrangement so much that she hopes to care for her great grandchildren someday. Luella's daughters, Armenda, thirty-eight, a computer operator, and Luella P., thirty-four, a business analyst, describe the situation as ideal. Says Luella P.: "Who can you trust better than your mother? She's always there for us." They don't pay Luella formally but give her gifts in exchange for the care she provides. Richard, who spends several hours after school with his grandmother, says he feels a lot freer with her than he would in an after-school program. And he points out another big advantage: "I can eat anytime I want to!"

(continued) work without good child care, and I think as a result we're jeopardizing millions of children."

Good or not, child care takes a big bite out of the wallet; it is the fourth-largest expense for most families, after housing, food and taxes. Working parents spend about 10 percent of their annual income on it; poor families, 25 percent.

Day care is now a $15.3 billion industry that's expected to hit a whopping $48 billion by 1995. By then, the CDF estimates, 80 percent of women age twenty-five to forty-four will be employed, and nine out of ten of them will become mothers.

Already, most women return to the office within one year of their baby's birth. And every day, families must make do with a patchwork of child-care compromises that are often unreliable or even unsafe.

"Parents undergo continuing stress and anxiety about the arrangements they make," says Barbara Reisman, executive director of the Child Care Action Campaign, a nonprofit child-advocacy group headquartered in New York City. "Most of them need to have more than one provision for each child, and when the system breaks down they've got to make all kinds of emergency arrangements. It's a gigantic house of cards for each parent, and the slightest breeze can just knock the whole thing down."

Where can working families turn for assistance? President Bush has called ABC "a candidate for veto." He says the subsidies it calls for would create too much bureaucracy and discriminate against parents who choose to stay home with their kids. Instead, he favors a plan that would give tax credits to low-income families with children under age five.

Given the controversy over how much aid the government can or should provide, experts agree that the private sector—especially employers—will have to step into the breach.

To some extent, they're doing so. The number of companies that offer help has increased more than 500 percent between 1982 and 1989; that pace may well continue. Recent studies show that employers profit by making child care available. A survey this year by the Union Bank in Los Angeles, for example, found that for every three dollars spent aiding employees, four dollars were saved in reduced absenteeism and turnover, increased productivity, and good public relations.

"Companies are seeing that child care makes dollars *and* sense," says Ken Jaffe, executive director of the International Child Resource Institute, a consulting firm in Berkeley, California.

Some corporations permit workers to put aside pretax dollars to pay for care; others provide them with vouchers or coupons. Still others provide flexible work options. A 1988 survey of 521 large U.S. corporations by the Conference Board, an international business research group in New York City, found that 90 percent of them offer part-time employment and 22 percent permit job-sharing, at reduced salaries. Another 50 percent allow flextime scheduling.

Change is also being propelled by workers themselves. This year, two major unions negotiated a groundbreaking contract with AT&T, creating a $5 million fund to increase the supply and quality of services for children and the elderly. Unpaid parental leave was extended from six months to a year. The company is also testing a policy of *(continued)*



IRIS TREVINO, 38

Home day-care provider, Webster, Texas

"I think the secret of caring for children is keeping them busy and happy," says Iris Trevino, a former day-care-center director who has been looking after preschoolers in her home since 1983. "I'm not a teacher; I don't pretend to be. But I try to make sure the children learn what they need to know before they enter kindergarten."

Iris tends to as many as seven kids aged two to four and seldom has a free slot. She opened her business after she and her husband, Larry, a forty-one-year-old engineering technician, had their second child. She took courses in child development, health, safety and nutrition, converted her garage to a playroom and put a swing set in the backyard. Today, the kids she watches keep busy with lessons in writing, numbers and colors; with toys, crayons, Play-doh; and limited doses of educational TV programs, such as *Sesame Street*. Iris's fee of $85 per week is higher than the average in Texas, but the mothers who entrust their children to her feel it's worth it. Says Karen Goodson, twenty-eight, a dental-office manager whose four-year-old daughter, Laura, has been with Iris for more than a year: "Many people would prefer this kind of care, but the openings are few and far between. I was really lucky."



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(continued) letting employees take a limited amount of time off on short notice to deal with family emergencies — providing them with the flexibility that experts say parents desperately need.

Still, the majority of workers don't yet have such options. Sixty-seven percent of working women do not even get maternity leave, and those who do usually have four months or less—unpaid. Of the six million employers in the U.S., only 4,200 offer *any* child-care assistance; usually they provide only information and referral services. Moreover, it tends to be the big corporations who give this kind of help—and most people work for companies with fewer than fifty employees.

In many firms, flexible work schedules and long leaves tend to be available for only a few, valued employees. Ironically, those who take advantage of them may run the risk of being placed on the so-called mommy track.

"Part-time can mean having to give up career paths and benefits," says Arlene Johnson, senior research associate on family issues for the Conference Board. "We'd like to see people work part-time without losing their credibility, to step off the career track for a while and step back on without penalty."

Until that happens, working parents have no choice but to deal with the demands of career and family as best they can. Here's how America's preschool children are being cared for now:



FORTY-EIGHT PERCENT ARE WATCHED BY RELATIVES

Eighteen percent of kids with working mothers are looked after by their grandparents; 9 percent are supervised by other family members. Seven percent are minded by mom while she works—either at home, in her own business or at the office. Some couples, dubbed tag-team parents, work alternating shifts so that one of them can always tend to the children—but they rarely see each other.

Surprisingly, dads are watching 14 percent of these preschoolers. Is this a sign that there is a new breed of father? When companies do studies on child care they find that men say they are increasingly interested in child-raising issues. Earlier this year a survey by Robert Half International, a California-based financial recruiting firm, showed that both men and women say they'd scale back their work and pay if they could have more time at home with the family.

And because of the high number of divorces, more men *have* to be involved. In fact, according to the U.S. Census Bureau, there are currently more than one million single fathers in the U.S.

TWENTY-FOUR PERCENT ARE IN FAMILY DAY CARE

More parents, especially those with children under age two, are turning to family day-care providers: people who look after children in their own houses and usually charge lower fees than centers—on average, about $75 a week. They also tend to be closer to the family's residence and can offer a more homelike setting.

"Family day care is less structured, but the children do learn their colors, their ABC's, to cut and paste, all those things parents want," says Kay Hollestelle, accreditation administrator for the National Association for Family Day Care, in Washington, D.C.

These providers are supposed to be licensed by their state governments, but it is estimated that unregulated homes outnumber regulated ones by an average of three to one.

Regulation, however, does not guarantee that a child will get adequate attention. "I interviewed thirty people in registered homes," says Terri Culbert, thirty-one, a third-grade teacher from Friendswood, Texas, who started searching when she was *(continued)*



DONNA HAMILL, 29

A teacher at the Kinder-Care Learning Center in Bristol, Pennsylvania

"I always wanted to work in day care, ever since I was eighteen and in school," says Donna, who teaches up to twenty four-year-olds with the assistance of an aide. "I just like kids. It doesn't take much for them to show you their love."

Donna has been at the center for three years and is also the assistant director. She admits, though, that being a day-care teacher wasn't as easy as she thought it would be. "The first day I was ready to quit," she remembers. "But I figured that I had to give it a fair shot, so I stuck it out. Now I'm really glad I did."

When Donna first started in day care, she made just $4 an hour. She agrees that the salary for those in the profession is low but says it doesn't bother her. "I like my job, so to me pay doesn't matter. Money does count, but not as much as being happy with what you do. I get to see kids grow and hopefully help them to develop good character."

Eric Rasmussen

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Dr. Art Ulene, National Spokesperson for The American Medical Association's Campaign Against Cholesterol

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(continued) six months pregnant. "They were willing to care for the child's basic needs—change diapers, feed them. But as far as loving them, reading to them, providing activities suitable for their ages—they weren't willing."

Parents may have good reason to worry about what their children do all day, according to Cris Ros-Dukler, assistant commissioner for licensing at the Texas department for human services in Austin. She remembers a visit to one registered home.

"The provider knew I was coming," she says. "The kids did not have anything to do. To make sure they were good, a drum of popcorn was put in front of them, and the TV was turned on. The house had barely any toys. I asked the kids what they did when they weren't watching TV. They just looked at me."

TWENTY-TWO PERCENT ARE IN DAY-CARE CENTERS

For most parents, finding an appropriate center means months of research, inching up long waiting lists and paying a lot of money. In the last few years, there's been a boom in the number of centers across the country. Today, there are well over sixty thousand of these facilities—half operate on a for-profit basis, and half are nonprofit. Although many have started to open earlier and close later, offer drop-in or emergency care and accept mildly ill children, these innovative arrangements can be expensive. Fees vary widely, depending on the age of the child and where you live; they can range from $2,000 to $10,000 a year.

Infant day care is the hardest to find, and high-priced. At the same time, moms of infants are the fastest-growing sector of the labor force: Their number has increased by 45 percent since 1982.

Quality remains a concern. As of 1983, the latest year for which data is available, only eight states require caregivers to have any training in child care, and more than half of the states allow a person with no previous training in child care or child development to be director of a center. Furthermore, only three states require the three-to-one ratio between staff and infants that most experts recommend.

Day-care staffers are paid only $187 per week on average. According to a major study of centers and teachers released in mid-October, this is less than half as much as women with comparable educations earn in other fields, and less than one third as much as men earn. As a result the turnover rate for day-care workers is extremely high. The study, coordinated by the Child Care Employee Project, a nonprofit group in Oakland, California, found that turnover has almost tripled in the last ten years, from 15 to 41 percent.

"More than forty percent of day-care workers leave the field every year because they can't afford to stay in it," says Reisman, of the Child Care Action Campaign. "Children are suffering, families are suffering, because teachers are leaving in droves."

SIX PERCENT ARE AT HOME WITH A PAID BABY-SITTER

For families with several children, this arrangement can be cheaper than sending the kids to a center—about $150 a week, depending upon where you live. Many of these caregivers have no formal training—they may be neighbors, an illegal alien who doesn't speak English, or an au pair, a foreign student who is visiting the U.S.

To find a reliable person, parents must rely on their *(continued)*



SHARON CUNNINGHAM, 27

Live-in nanny to Kelsey Evans, 3, Laguna Hills, California

"When she's with Kelsey, Sharon is often asked, "Is this the child you're baby-sitting?" Her response is "No, this is the child I'm helping to *raise*." A nanny since 1982, Sharon has spent the last eighteen months living at the home of Rick Evans, thirty-four, and his wife, Rhonda, thirty-eight, who own a car dealership. "This is one of the most fulfilling jobs I could ever imagine," Sharon says. Her secrets for success? "Living with a family is like being married," she says. "You have to communicate or it's all over. And you have to accept the family as it is."

Although she was not formally trained at a nanny school, Sharon brought to her job several years of experience, as well as college courses in child psychology and emergency health procedures. She is paid $250 a week, plus room and board; she gets health insurance, a car, weekends off, and two weeks' paid vacation. "Sometimes I wonder why they're paying me to do this. Then again, other times I think it's a darn good thing they're paying me!"

Because the Evanses travel frequently on business, Sharon spends a lot of time with Kelsey. Still, she says, "I will never replace Mom." Kelsey explains things this way: "Mommy is my mommy and Sharon is my friend."

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(continued) instincts since most states don't regulate the field. A major concern is a child's safety, but sitters account for a very low percentage of overall abuse against kids, according to the National Committee for the Prevention of Child Abuse.

For those who can afford it, a trained, live-in nanny is an increasingly popular choice. In 1982 the U.S. had about twelve nanny schools and six hundred graduates; by 1988 there were seventy-five schools with thirty thousand graduates.

The average pay for a trained nanny is $250-$350 a week plus benefits, such as paid vacations and health insurance. Still, the burnout rate is high: Most last only a year, often because of unrealistic expectations.

"The nannies think they're going to live in a mansion, eat lobster every night and drive a BMW," says Deborah Davis, co-founder of the International Nanny Association. "Conversely, the families expect Mary Poppins to walk in the door."

SPECIAL SITUATION: LATCHKEY KIDS

The difficulties of finding appropriate care do not necessarily end when a child starts school; an estimated seven million youngsters ages six to thirteen go home to an empty house. According to Thomas Long, Ph.D., co-author with his wife, Lynette, of *The Handbook for Latchkey Children and Their Parents* (Berkley, 1985), one reason for this is that not enough programs offer older kids the stimulation they need.

"We have put so much money and energy into providing care for preschoolers that we have neglected school-age kids," says Long. "In the past five years there's been real progress, but out of fifteen thousand school districts there are probably only a few hundred who are doing something."

Experts disagree on what age it is safe to leave kids home alone or what the impact on a child might be. A majority of teachers in a 1988 Louis Harris survey said being left alone after school undermined a child's school performance more than any other factor. But other authorities believe the effect depends on how families handle the situation.

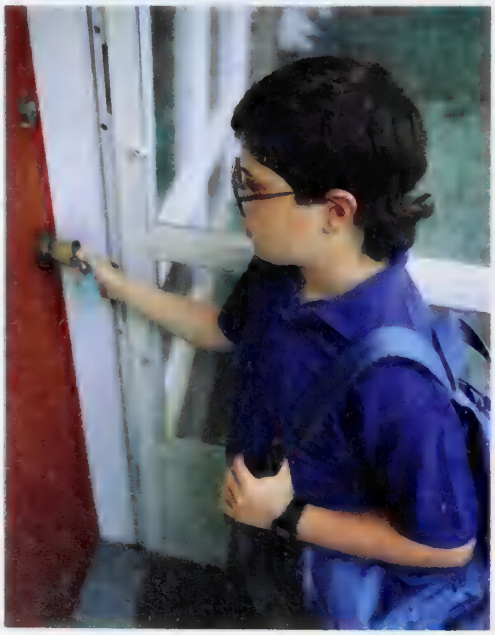
"More important than a child's latchkey status is the quality of the relationship she has with her parents," says Jay Belsky, Ph.D., professor of human development at Penn State University. He adds that a child who is in a program but never speaks to her parents about it, for example, can be worse off than one who stays home alone but gets frequent, reassuring phone calls from Mom and Dad.

WHAT'S AHEAD?

Experts agree that whatever the setting, it's the quality of the care that counts—and the U.S. falls far short. In fact, it remains one of the few industrialized countries without a national child-care policy.

"The good news is that government is closer to doing something about it than they have been in twenty years," says Edward Zigler, director of the Bush Center in Child Development and Social Policy at Yale University and co-creator of Head Start. "Child care is no longer a women's issue; it's become one of national concern. The bottom line, however, is clearly that we are ravaging our own children in this country with child care, and the battle is far from won." ■

With additional reporting by Linda Buckley, Barbara Burgower and Karen Springen.



AARON FRISHMAN, 11

Latchkey child in Rochester, New York

"Sometimes coming home can be fun, because I feel like the house is all mine, but other times it's boring," says Aaron, who stays alone weekday afternoons for about two hours. Until ten months ago, he attended an after-school latchkey program, but he decided to leave it because "we didn't do too much stuff there."

When Aaron gets home, the first thing he does every day is call his mother, a reporter for the local newspaper, "to tell her I got home okay. If I have a lot of homework I do it, and I'm supposed to practice my trumpet. Then, sometimes, I watch TV or go over to the school and ride my bike with my friends.

"I get lonely if my friends can't play and I'm all by myself," he adds, "but I don't get scared very often. I might get just a little scared if my parents are a little late, but that rarely happens.

"When somebody calls I tell them that my parents can't come to the phone. I know what to do in a fire, too."

Aaron's mother, Ronny, 38, admits she was worried at first about the arrangement. "But I thought we'd give it a try," she says. "Aaron is a very responsible kid. I've always worked and he's been in day-care programs. He's learned to be independent, and he's also an incredible rule-follower. So far, we haven't had any problems."

The Fisher-Price Pick Up 'N Go. Designed for more smiles per hour.



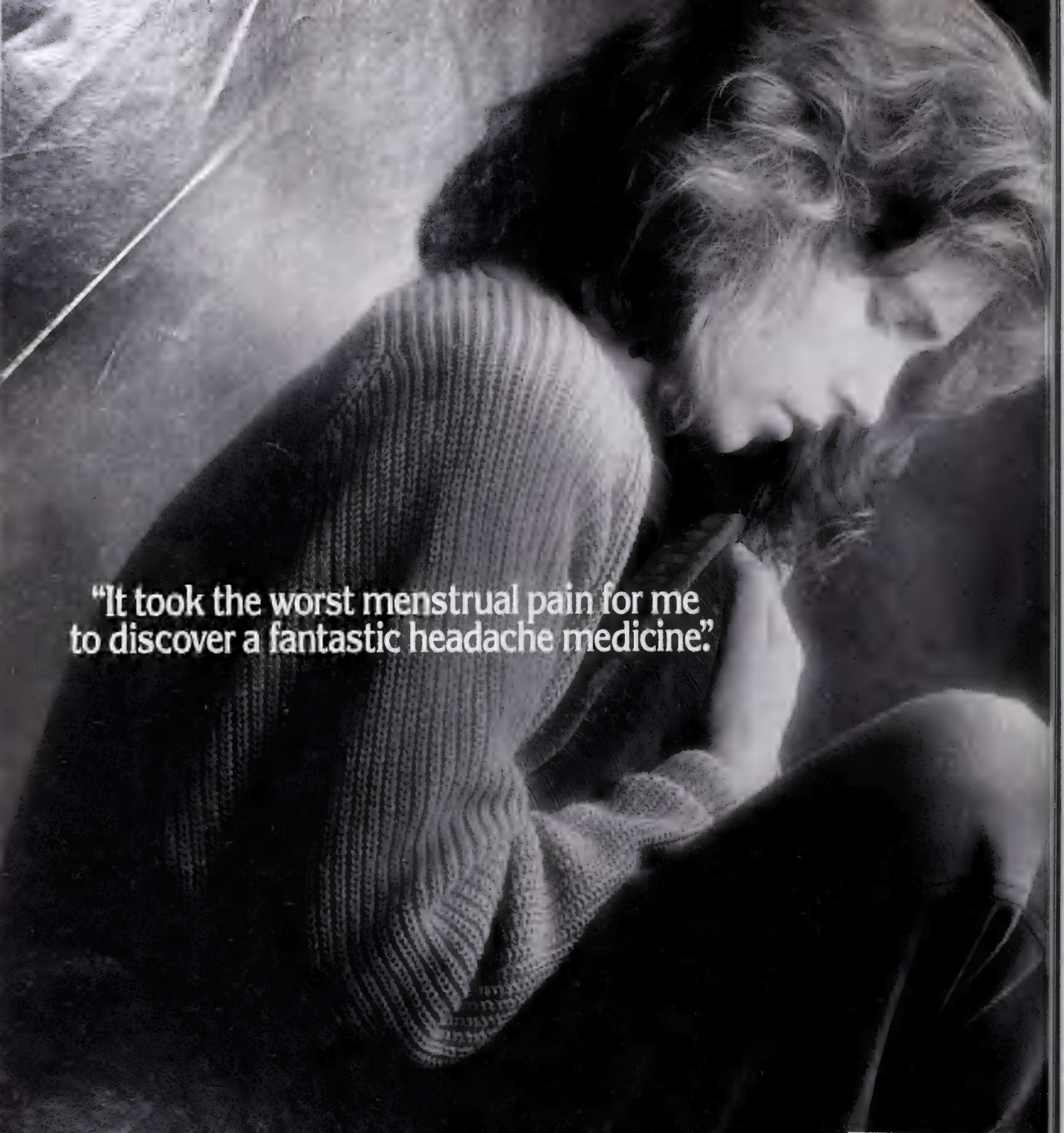
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Ladies'
Home Journal
November
1989



the she DECADE



Our heroines: Roseanne knows there are more important things than keeping the cleanest house and the trimmest figure on the block, while Kristin Baker, above, West Point's first female Captain of Cadets, shows that leadership has no gender

Here come the nurturing nineties, ten years that will offer women new choices at work and at home, in politics and play, and the chance to make them more honestly



trendoid twins of the eighties: Marty, Mom and Super Suit. Martyr was dedicated to Having It All, and hang the personal cost. "Maternity leave? Oh, no, Mr. Dithers, I won't need any; I'll just have the baby on my coffee break, while I'm making oat-bran cookies for my son's third-grade bake sale and learning how to give my husband a nice shiatsu massage." The career-obsessed Super, meanwhile, never even acknowledged that there *was* life beyond ambition; if she heard time a-ticking, she simply bought new batteries for her desk clock.

New role models

But now it's time to bid good-bye—and very good riddance—to that tiresome twosome. We've got new role models to watch: Roseanne is much too relaxed about mothering—not to mention dust bunnies—to qualify for martyrdom, and Murphy Brown's far too candid—and suithood. Having survived the free decade of the sixties, the me decade of the seventies, and the gimme decade of the eighties, maybe we can bring on the nurturing nineties. Could it be that what psychologist Joyce Brothers calls the She Decade is finally about to dawn?

Certainly, the demographic portents bode well. Now that women make up 51.2 percent of the population, the average American is not Joe, but Jane Doe: She's thirty-two, married, the working mother of 1.8 kids (and doubtless fed up trying to find day care for little Point-Eight). "Women are ready for the challenges that will face them in the nineties," says Irene Natividad, who just stepped down as head of the National Women's Political Caucus. "There are more of us, we are very patient and persevering, and above all, we live longer."

Beyond the numbers, moreover, women came early to the era's changing spirit. Baby fronting the new corporate realities; there are just too many of them for everyone to make it to the top. Instead, they're rediscovering the joys of family, home, leisure, commitment, compassion—and suddenly, all these so-called feminine values are back in style again.

Rethinking our lives

"Men are having the same type of second thoughts as women," says Rep. Pat Schroeder, the Colorado Democrat who had

In this Age of the Honest Woman, women may even be honest about age



Photos, from left: Chris Dougherty-LGI, Cynthia Johnson Gamma-Liaison



What you see is what you get: First Lady Barbara Bush is forthright about her fake pearls and real hair color, while Oprah candidly discusses her impressive weight loss

in 1988. "They're saying, 'The BMW was great the first day, but if you never have fifteen minutes off to drive it around the block, maybe that's not all there is to life.' "

In the coming decade, Schroeder predicts, "family is going to stop being just a woman's issue, and both men and women are going to expand the trinity from me, myself and I to something a little broader." It is already happening. Congress and companies are paying more attention to child care than ever before (see page 199), and even starting to consider the plight of the sandwich generation, that growing body of women who are trying to tend to their aging parents as well as their own young (see page 216).

Environmental concern is spreading faster than an Exxon oil slick, and consumerism is simmering again. And as the Supreme Court gets ready to consider three crucial abortion cases this fall, reproductive rights and responsibilities will be on everyone's mind—most especially that of Justice Sandra Day O'Connor, the powerful woman in the middle of this historic debate (see page 218).

Perfect is passé

The new, nurturing tenor of the nineties may make this the age of the honest woman. Perfectionism is passé, even for achievers like Dorothy Inman, the mayor of Tallahassee, Florida. As the first black and first woman elected mayor of her Southern city, the former schoolteacher and divorced mother of two knows full well the strains of juggling family and career. But, she says, "women have started to get over those feelings of stress at having to be the perfect person in every role."

From now on, she predicts, women will feel a lot freer about declaring what *(continued)*

(continued) they want, whether it's a run down the fast track, a few years out to raise their kids, or something in between. "Our biggest accomplishment may be the ability to excel and lighten up on ourselves at the same time." (For a look at leading lifestyles, see page 220.)

The next decade will welcome diversity. In the age of the honest woman, women may even be more honest about age. We admire Barbara Bush because she won't change a hair for us, but we also salute Jackie O. because she had a face-lift for her sixtieth birthday last summer—and said so. And while Roseanne may be our favorite girth mother, we applaud Oprah for losing pounds in public.

Do-good glamour

In years to come, the cause celebrity will also become more common. We've already seen Meryl Streep scolding Congress about pesticides and JoBeth Williams testifying about infertility (see page 114). Even Madonna, the pop priestess of materialism, has performed to benefit the vanishing Brazilian rain forest.

But not every heroine of the near future will be famous. Kristin Baker is not yet a household name, although she may be someday. Thirteen years after West Point admitted women, the twenty-year-old senior has become First Captain of Cadets, overseeing the daily lives of all forty-four hundred of her peers. She is the only female to win that job, which usually signals a brilliant military career; the post once was held by generals MacArthur, Pershing and Westmoreland.





Rep. Pat Schroeder, top, Meryl Streep testifying, Madonna lobbying: Suddenly, the take-charge woman is everywhere and politicians are starting to take note

The so-called feminine concerns—environment, consumerism, family—are becoming societal norms

Unsung heroines

Unwilling to settle for the status quo, other women are taking charge around the country. Sandra Mayeaux, a homemaker from the Houston suburbs, organized an environmental group that managed to shut down two toxic-waste incinerators in her town. And when Lisa Crawford, a mother and secretary from Fernald, Ohio, became alarmed about the contamination of local wells with uranium, she filed a class-action lawsuit that won $78 million in damages.

In the next few years, such take-



charge women may look beyond volunteer activism to politics. "I think you'll get more women in government, more women running, more women winning," says former New York Congresswoman Geraldine Ferraro, who ran unsuccessfully for vice-president with Democrat Walter Mondale in 1984. There are now record, if modest, numbers of women in Congress (twenty-eight). Three governors and 1,261 state legislators are women. So are the mayors of 112 cities with populations over 30,000, including Houston, Pittsburgh and San Diego; in 1971, there were only seven.

On the cusp of the twenty-first century, women have never seemed stronger. "More women have a sense of self-esteem," says author Erica Jong. "If the last twenty years have brought any progress, it's in this area."

To be sure, there is still far to go. Martyr doesn't need a mommy track—she needs a full-service husband and father, while Super needs a *life*. Maybe, during the She Decade, they—and we—can all pull closer to those goals. ■

—LYNN LANGWAY, WITH REPORTING BY LYNN HARRIS

Photos, from top: Tannenbaum/Sygma, Brad Markel/Gamma-Liaison, Vouyerd/Gamma-Liaison.



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the good daughter

How can we best care for our aging parents? A poignant report on the heartrending problem that every woman will face someday



Steve Saxton/Gamma-Liaison

BY ANDREA GROSS

Nancy Madison looks at her watch. Once again, she's late picking up her five- and six-year-old sons from soccer practice; once again, a cloud of guilt hovers on the edge of her consciousness. But she doesn't have time to think about it. She forces herself to talk slowly to the small, white-haired woman sitting in the chair by the fireplace.

"Come on, Mom," she says gently. "It's time to get the boys. You can't stay here alone." Her mother stares uncomprehendingly as Nancy patiently half coaxes, half lifts her into a standing position. Slowly, ever so slowly, they make their way to the car. Two-and-a-half-year-old Jennifer skips alongside. "Mommy, Mommy," she chants. "Mommy, read me a story."

Brian, ten, the oldest of the Madisons' four children, dashes up the driveway, schoolbooks in hand. "Mom," he calls, "I need you to help me with my English assignment."

Nancy runs her hand through her hair. At thirty-eight, she's still youthful looking, but more and more, worry creases her *(continued on page 301)*



Like most working women, Marti Wrenn (left) must juggle home and family responsibilities. But in her case, she is taking care of her mother, not her child

SANDRA DAY O'CONNOR

HERS IS NOT A PARTICULARLY COMmanding presence. She is, in fact, rather slight and spare, with a gap-toothed smile and graying hair. She speaks plainly and self-deprecatingly, in the flat vowels and cadences of the American West.

And yet when Sandra Day O'Connor speaks, the whole world listens, for her rulings will affect the lives of millions of women throughout the 1990s. There is now in the Supreme Court an uncommon ideological order; ranged on the right are the four conservative votes of Antonin Scalia, Anthony Kennedy, Byron White and O'Connor's lawschool classmate, Chief Justice William Rehnquist. To the left stand the liberal four: Thurgood Marshall, William Brennan, Jr., Harry Blackmun and John Paul Stevens. At the center is the court's first woman member—able, with her vote, to sway a ruling one way or the other.

Her vote on three abortion-rights cases will affect millions of women. How will she decide? A behind-the-scenes look at the reclusive Supreme Court justice

And although no issue that goes before the court is unimportant, perhaps none looms larger than the issue of a woman's right to have an abortion, a right that was modified last July with the court's decision to allow states to impose new restrictions on the procedure.

In that decision, as in others, O'Connor, fifty-nine, took the middle ground. She agreed that states could impose the restrictions, but she stopped short of voting in favor of overturning Roe v. Wade, the landmark 1973 case that gave women the virtually unrestricted right to an abortion. "There will be time enough to examine Roe. And to do so carefully," she wrote, somewhat enigmatically.

Now that time has come, with three more abortion-rights cases to be heard by the court in the session that opened this October (see "The court's next move," page 300). How will she rule? It is impossible to say. But one thing is certain: In her ninth term on the Supreme Court, *(continued on page 297)*

WOMAN IN THE



MIDDLE

By Merrill McLoughlin

THE WAY

More marriageable men. Higher salaries. Less housework. An even bigger boom in women-owned businesses. In the decade ahead, there will be some surprising—and encouraging—changes in our careers and personal lives. Here, twenty good things you should know about the '90s:

OFFICE AFFAIRS

1. WOMEN WILL (FINALLY!) HAVE ENOUGH DEMOGRAPHIC CLOUT TO IMPROVE THEIR LOT IN THE WORKPLACE Why? Sheer numbers: Nearly two thirds of all workers entering the labor force in the 1990s will be women. And by the year 2000, working women will number a record 66 million, or 62 percent of all women over the age of sixteen.

2. FORECAST: BETTER BENEFITS Since women will hold an estimated 47 percent of all jobs by the year 2000, they'll be in a stronger position to demand substantial fringe benefits such as sabbaticals or flextime. And companies, needing to keep their employees in the labor-short economy of the '90s, will be compelled by the overwhelming number of working mothers to accommodate them. This has already begun to happen in the nursing profession, where a labor shortage has enabled women to virtually write their own job ticket.

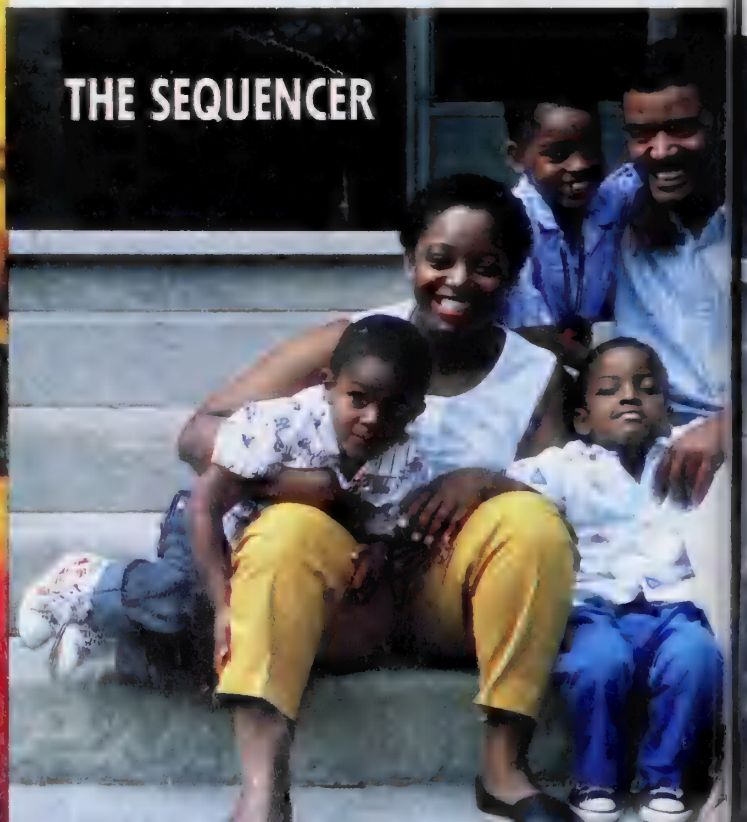
3. ANOTHER DAY, ANOTHER EIGHTY-FIVE CENTS By the year 2000, women will earn 80 percent of their male counterparts' salary—up from 70 percent today. Futurist Marvin Cetron is even more optimistic, saying that by the turn of the century, women will earn 85 to 90 cents for every dollar that men take home.

4. MINDING OUR OWN BUSINESS Trend-spotter Faith Popcorn predicts that in the '90s more women will "cash out" of the conventional corporation, "leave the workforce in droves and do it their way—having babies and opening their own businesses." In fact, female-owned companies are now the fastest-growing segment of all small businesses, and if the present trend continues, women could own 50 percent of all U.S. businesses by the year 2000.

5. DEMOCRACY AT WORK Many women-owned businesses undeniably have their roots in frustration, formed because women were fed up with the obstacles they found in the corporate world. But such companies may be better places to work. Judy Devin, spokeswoman for the National Association of Women Business Owners (NAWBO), says that men and women run businesses differently. "We prefer decision by consensus, and we listen a little more," she says.



THE SELF-MADE WOMAN



THE SEQUENCER

WE'LL BE

y our work and
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s, plus profiles of
r women who are
ady living
orrow's trends
Michael J. Weiss

6. MANAGING WOMEN Despite the barriers they must break down, women *have* made some undeniable gains in the corporate world; they now make up 39 percent of managers, an increase of 34 percent since 1980, and that trend is likely to continue.

7. PROFESSIONAL ACHIEVERS Even more startling is the phenomenal growth in the number of women in professions like law and medicine: They receive 40 percent of all law degrees and 32 percent of all medical degrees—almost double the figures of a decade ago. And experts say the percentages are likely to climb even higher in the '90s.

8. IN SERVICE Even if the economy contracts, as is possible in the '90s, most women should not be affected, because many are in increasingly important service jobs such as clerical support positions.

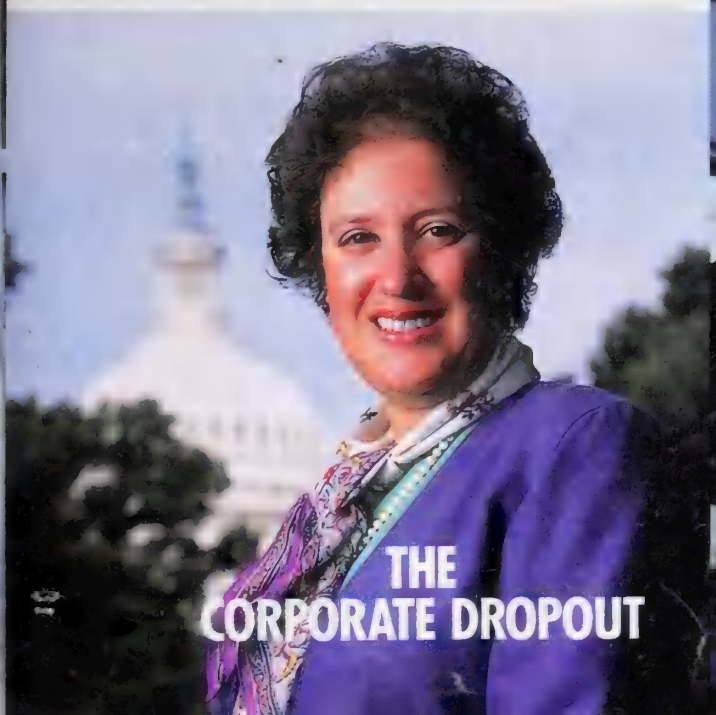
9. CUSTOM-MADE WORK Women will find it easier to juggle job and family, with the help of sequencing (leaving the workforce to bear children and then combining part-time work with child-rearing), sabbaticals, and working at home with the help of computer terminals and fax machines.

10. CAREER OF THE DECADE No longer will women believe that the career they choose after school is the one they'll stay with throughout their lives; instead, Marvin Cetron says, by the year 2000, career changes every ten years will be the norm.

ON THE HOME FRONT

11. THE MALE SURPLUS Forget everything you've ever heard about the scarcity of eligible men. In the 1990s, men in the eighteen- to thirty-four-year-old age group (the time when most people get married) will consistently outnumber women of the same age, according to the Census Bureau.

12. THE WINNING EDGE What does their statistical advantage in the mating game mean to women? At least one expert thinks it could pave the way for an intriguing role reversal, as women figure out that they





can afford to be more persnickety about suitors. "Men won't be considered the blue-chip commodity they were in the eighties," says psychologist Dr. Joyce Brothers. "*Women* will have the power. They'll be controlling courtship."

13. ISN'T IT ROMANTIC But some things will probably never change: Indications are that women are still in the market for romance, looking for traditional signs of endearment such as flowers and chocolate. "People are paying attention to the emotional side of their lives," says Ann Clurman, senior vice-president of the marketing research firm Yankelovich, Clancy and Shulman. "They are looking to connect again."

14. HERE COME THE BRIDES Even more encouraging news for the next decade: Nine out of ten young women will marry, even if at a somewhat older age than they did during the latter part of the '80s, when customary ages for first-time marriages were twenty-four for the bride and twenty-six for the groom.

15. STAYING TOGETHER Although the divorce rate is still high (there's a 50 percent chance a marriage won't make it), that percentage is not likely to rise in the '90s; and if anything, demographers say, the divorce rate has leveled off.

16. I'M HOME, JUNE! Yes, single-parent households are increasing faster than any other family unit, but traditional families are still with us in surprisingly large numbers. One Census Bureau survey showed that fully one third of all homes with preschoolers have a father who



Sue Ann Conyers

Her business is blooming

After eight years of working for flower importers in Miami, Sue Ann Conyers decided to strike out on her own. With two other investors she raised $60,000, and in 1979 founded World Flowers, Inc., with the goal of "managing myself," she says.

A decade later, Conyers, forty-six, has done that and more. Today, World Flowers grosses $7 million annually, and its fourteen employees oversee the delivery of 37 million carnations, chrysanthemums and roses each year to wholesale florists throughout the United States. The company has grown steadily and financed its expansions, including the construction of an 11,000-square-foot refrigerated building, without borrowing money.

In many ways, Conyers is typical of the millions of American women who are expected to launch their own businesses in the next decade. She never thought of entrepreneurship while growing up. Instead, she earned a degree in social work from Michigan State University and went to work for the YWCA and the Girl Scouts. When she and her husband, Doug, decided to move with their two kids to Miami, Conyers joined the fledgling flower-import industry as one of the city's first female sales managers. By 1986, her husband had begun working for *her* as the company's warehouse manager. "He's a modern man," she says proudly.

Today, Conyers is a millionaire. The downside: the long hours that made her miss out on special moments with her kids—Christine, now twenty-five; and Robert, twenty-three—when they were growing up.

"Other employees can go home for the day and not think about the business," Conyers says. "But if it's your own business, you live, eat and breathe it. It's your baby."

Still, she says, the pace is enjoyable. "Rather than being forced to perform at someone else's whim, I'm spending my workdays doing what *I* like to do."



Kathie Stein

Going public

Her corporate career, like that of many other bright baby boomers, got off to a racing start. After graduating magna cum laude from Georgetown University Law Center in 1979, Kathie landed a job with Orrick, Herrington and Sutcliffe, one of San Francisco's most prestigious law firms. Soon, she was working sixty-hour weeks, handling high-pressure commercial litigation. "People only cared whether you won or lost," she says.

Two years ago, she decided to drop out of the corporate game, forsaking a salary that would by now be six figures. Instead, she opted for the less-tangible rewards of public-interest law and became senior counsel for the Environmental Defense Fund, one of the nation's oldest environmental groups.

Although she cut her salary in half, Stein's hours haven't changed much; she still works weekends. But she has no complaints about the value of her new agenda: She testifies before Congress on environmental issues and routinely develops lawsuits with international implications involving toxic waste and global climactic change. "Now I can work not just for one or two corporations but for millions of Americans," she says from her cluttered Washington, D.C., office. "People here feel like they're making a difference."

Today, Stein, who is single, has a standard of living that has "dropped from affluent to comfortable." Gone are the meals at five-star restaurants and the round-the-world trips that were part of her life as a corporate lawyer. Now, she drives an aging 1981 Honda Civic, lives in a modest suburban townhouse, and takes vacations close to home. But she has no second thoughts about her choice. "I haven't regretted it for a minute," she says. "All the money in the world won't buy job satisfaction."



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get to work and a mother who stays home and keeps house.

17. WHAT'S FOR DINNER, WARD? With more women in the labor force than ever before, for the first time a significant number of men may have to share homemaking responsibilities. In fact, the revolution may have already begun: One survey found that 61 percent of men in two-income households occasionally prepare meals and that 56 percent of men in one-income households do the same.

18. FREE AT LAST Still, household chores may not weigh too heavily on either sex in the coming decade of scaled-down expectations; in fact, analysts say, *everyone* is likely to be doing less housework.

19. WHEN WE'RE FIFTY-FOUR Even baby-boomers have to grow old sometime, and by the year 2000 the number of forty-five- to fifty-four-year-olds will jump by 54 percent. The good news: "Older people are healthier now than they've ever been and will soon be healthier yet," says Marvin Cetron. "The baby boomers have learned the power of preventive medicine. They will be the healthiest generation in history."

20. THE PURSUIT OF THE PERSONAL As baby boomers grow older and settle down, it's likely they'll focus on aspects of their lives other than work, like gardening and family travel, that give meaning to their lives. "We used to live to work," says Cetron. "Now, we work to live."

Michael Weiss is a contributing editor of Ladies' Home Journal *and the author of* The Clustering of America *(Harper & Row, 1988).*



Brenda West-Evans

So long, superwoman

Nine months after giving birth to her first son, Brenda West-Evans gave up trying to be Supermom. She had managed to continue her full-time job as a social worker after Loran was born in 1980. She even held down a part-time job as a counselor following the birth of her second son, Aaron, in 1985. But when her third son, Iren, came along the following year, a frazzled West-Evans decided to abandon the office altogether for the job of raising three children in her Pittsburgh home. "It just got to be crazy," she says. "Someone loses when you're really tired from an eight-hour shift."

After two years, when her youngest started preschool, West-Evans returned to the workplace, a classic example of sequencing. She eased back into her job with a four-day week, reserving one weekday to spend with her children. "I feel like I'm on a 'mommy track,' but that's okay," she says. "My first priority is my family."

When West-Evans, who has a graduate degree in social work, married her husband, Michael, a teacher, in 1976, the two had no immediate plans for children. "We assumed we'd work, have fun, travel," she says. But the couple's goals shifted after starting a family. "We realized it was more important to stay home and spend time with the children."

Still, the decision to become a full-time mother wasn't without sacrifices. To make up the lost income, Michael took on an additional part-time job as counselor. And for West-Evans herself, balancing home and work remains a constant struggle. The cost of day care is more than $500 a month, raising questions of whether West-Evans's working makes financial sense. Still, she says, "It's exciting to go to a job where you feel you are needed." As for her old goal of becoming a super achiever, she observes, "So maybe we can't conquer the world. At least we can give our children the strength they need."



Jo Sullivan

Testing the limits

Ten years ago, teaching high-school chemistry had begun to pall for Jo Sullivan. "I needed new challenges," she says. So she capitalized on her strong science credentials (she has a master's in genetics) and took a chance on a new career. At age thirty-three, Sullivan became a medical-products saleswoman at 3M-Riker, a subsidiary of the giant 3M Corp. in St. Paul, Minnesota.

She hasn't looked back since. In the decade she's been with the company, Sullivan has been promoted five times. Today, she is a market development manager for pharmaceutical products in a business where salaries of $60,000 and up are common.

But like many women managers today, Sullivan feels as if she is up against a solid glass ceiling: There are no women among 3M's top corporate officers. Nonetheless, she hopes to make her mark as the head of one of 3M's divisions or subsidiaries. "I see myself running a 3M business in the nineties," she says. Although a move like that would most likely involve relocation, Sullivan says her husband, Will, forty, who owns a public-relations firm, is "as open as I am to the possibility." (She has also managed to balance motherhood and career, taking advantage of 3M's flextime policy to spend time with her kids, Maggie, seven, and Brigid, four, who are cared for by a nanny.)

Although Sullivan's life may sound ideal, it's not without drawbacks: She and her husband are constantly exhausted by the pace. But she has no desire to take the slow track, even though she knows she may not get as far as she wants. "If you think about the fact that my great-grandmother couldn't *vote*, we have come a long way!" She pauses a moment before acknowledging, "And there is a long road ahead."

Photos, from top: Susan V. Steinkamp, Steve Wheeler Pictures

We just turned detective work into child's play.

NOW there's a great, new

ne for little sleuths ages 6–10.

Clue® Jr. game: "The Case of the

sing Pet" features all of your favorite

e game characters, like Colonel Mustard

Miss Scarlet, as lovable children. Which pet is missing?



Mortimer MUSTARD

o took it? Where is it hidden? The answers to

these questions can only be uncovered with the

special magnifying glass found in the Clue Jr. game.

With so many exciting mysteries, it's a different

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It's elementary.

PARKER BROTHERS



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CLUE is a registered trademark of Waddingtons Games Ltd. for its Missing Pet Jr. detective game.

future PERFECT



NEW LIVING SPACES FOR CHANGING LIFESTYLES! WE FOUND THREE HOMEOWNERS IN SUBURBAN NEW JERSEY WHO HAVE ALREADY GOT THEIR DESIGNS ON THE NINETIES



You'd never expect to find this **sleek** decor lurking behind a Tudor exterior, but it's all part of the return to **individual** style. Barbara Herman wanted contemporary, her



husband traditional. They compromised, and Barbara got a **high-tech** kitchen that doubles as an **all-purpose** room. She can prepare dinner at the granite-top work island while daughter Samantha does homework at the built-in desk. "We live in the kitchen. It's got everything—it's even inspired me to do more cooking than ever!" says Barbara.

Photos, Jon Jensen. Stylist, Gayle Malles. Table settings by Settings of Short Hills; flowers by South Pacific.

After a long week of being cooped up in the office, more Americans are heading for the great **outdoors,** and Vicki and Craig Ott are in on the trend. Their back-to-nature stone porch is ideal for **leisurely Sunday breakfasts,** after-dinner coffee and reading time with their three young daughters. Vicki often starts off small **dinner parties** here, too. "People tend to congregate on the porch. Even out in the suburbs, where they are constantly surrounded by trees and grass, our friends just can't get enough of the outdoors," Vicki says.





When it comes to **easy living,** cozy country can't be beat. The style has always been popular, but it enters this decade without the heavy dark woods and dried flowers. Carole Atkinson's kitchen is a case in point. An interior designer, Carole created an **elegant country** kitchen that's roomy enough for her family as well as the constant parade of their sons' friends (who love to hang out in the kitchen). Right-now details: painted **tiles** on the range hood, **hunter green** walls and **French provincial** fabric for swags that grace the sun-flooded bay window.



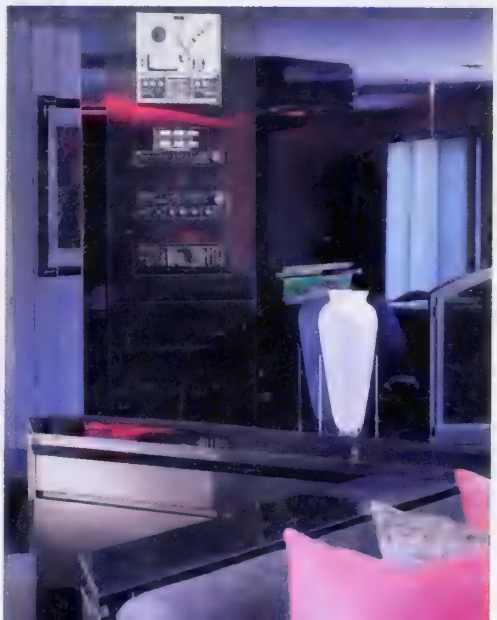






We're spending more time at home and need space for luxuries that create a truly **relaxing retreat.** At-home must-haves? Exercise equipment to free you from the gym's schedule, a **media room** to view blockbuster videos on your own big screen, and a fabulous bathroom that emphasizes **personal pampering.** Private pleasures include a whirlpool bath, shower stall for two and his-and-hers dressing areas.

Bathroom accessories from Laura Ashley, Caswell-Massey, Palais Royal, and Crabtree & Evelyn. Exercise equipment: Sharper Image, Short Hills.



future PERFECT

Around the world in six seconds





PLAYING INTERNATIONAL TELEPHONE TAG Associate Decorating Editor Karen Reisler keeps in touch with faraway family members via her videophone

Her seven-month-old nieces Emily and Jayme live thousands of miles away, but the *Journal*'s Karen Reisler doesn't let distance keep her from watching them grow.

Karen and her family have found a way to do more than just talk to stay in touch: Their high-tech visual telephones let them reach out and *see* each other.

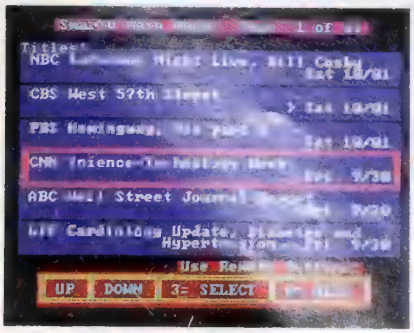
Like many other families, the Reisler clan has dispersed from the homestead—New York City—to pursue careers and start their own families. Karen's only sister, Susan, relocated to Tokyo with little Emily when her husband, Michael O'Brien, a lawyer, was transferred. Karen's twin brother, Keith, completed his residency at a hospital in Texas and stayed on there to open an OB/GYN practice in Plano. So twice a month Karen makes a videophone visit with her faraway family.

It's all as simple as connecting the visual telephone monitor (Karen's uncle Gene outfitted the whole family with Panasonic's Visual Telecommunication System) to a standard modular phone. The camera lens on the monitor picks up Karen's image and projects it onto her screen (the black-and-white image resembles the output from a FAX machine). When she is satisfied with the picture, she presses the FREEZE button to transform it to a still picture. Press the SEND button, and in six and a half seconds Karen's making an appearance in Tokyo, to the delight of Emily, Susan and Michael. (The picture ties up the telephone line, which is silent until the transmission is complete.)

Karen can then ring up Keith, wife Cathie, and daughter Jayme in Plano and transmit her image, as well as relay the pictures from Tokyo, which her monitor has stored. "We're all planning trips to Tokyo and Texas," says Karen, "but until we actually get there, we're still able to feel the family ties."

The cost of staying close? Each monitor sells for about $300; transmitting a picture costs the same as making a regular phone call. On the horizon? Moving-image color telephone-video systems, which are actually available now at a pricey $30,000 per monitor. But, says Hal Araki of Panasonic, these videophone systems should become more affordable in the next three to five years.

—CAROLYN NOYES



SmarTV

You'll never have to touch a tape or tinker with the VCR timer again. Scheduled for 1993, the SmarTV will know your favorite TV shows and will record them—up to 250 each week. After you initially program your preferences, SmarTV monitors all channels twenty-four hours a day and records every one of your choices. When you sit down to watch TV, simply select a program from the menu that comes up on the screen. Press another button on the SmarTV remote control for a brief description of the show, and if you're interested, press PLAY SHOW.


IOW A SIMPLE MATCH CAN MAKE A ROOM.
YOU DON'T
DESIGN A BATHROOM
AROUND THE TOILET PAPER.
BUT WITH CHARMIN'S LIVING COLORS,
YOU CAN HAVE TOILET PAPER
THAT FITS YOUR DESIGN.
FEEL THE SEA
IN THIS FLUID ARRANGEMENT
OF GREEN. FROM THE
FANCIFUL SOAP TO THE
SIMPLE DRAPING OF A TOWEL—
ALL ARE COMPLEMENTED BY
THE SEA FOAM GREEN OF CHARMIN.®
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WE MAKE IT MATCH.
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Living Colors
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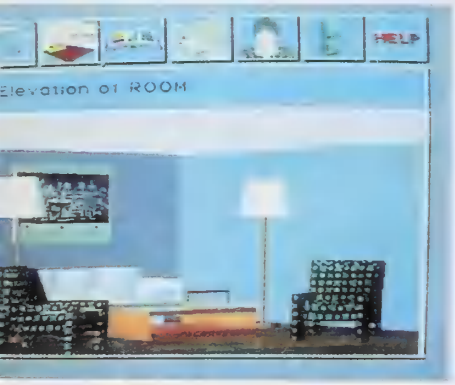
future PERFECT

HOT OFF THE DRAWING BOARD: DECORATING, HOME-DESIGN AND HIGH-TECH TRENDS THAT WILL BE MAKING LIFE EASY IN THE NEXT TEN YEARS



The house with the high IQ

Set your morning alarm to go off, and not only will it get you going, but it will start the coffee machine brewing and your shower running, too. Or program the TV to flash as a signal to your couch potatoes that dinner is ready. These will be everyday occurrences for the Smart House dweller. Debuting in 1997, Smart House automation integrates wiring through a central computer, enabling the homeowner to control all the appliances, electrical outlets and utilities by a video touch-screen (left), remote-control device and voice-recognition system.



Deck the halls by computer

Want to be your own decorator? By 1990 you'll be through fiddling with scale drawings and fabric swatches. Design and Decorate, a computer system by General Electric, will give you a 3-D glimpse of what a room will look like with the sofa here and the chair over there, or when you change the wallpaper, upholstery and accessories.

No-weed, no-mow lawn

In two years you could be cutting out your weekend lawn-mowing sessions. A scientist in Canada has unearthed a lush green grass that grows to a height of just four inches annually and emits its own natural herbicide, which destroys weeds. This grass originated in the dry soil of the Rockies, and it's virtually maintenance-free. It can grow in almost any soil and climate without fertilizer or watering.

Dear john

The Eletto Toilet from Taiwan, scheduled to appear in 1992, will add custom touches to the standard bathroom fixture. ■ The lid will remain closed when not in use and will open at the touch of a button (a separate button will lift the seat for men). ■ The temperature of the seat will be maintained between 82°F. and 100°F. ■ When the user gets up, the toilet will flush automatically, sterilizing the seat and bowl.

Walk-and-work desk

Forget about not being able to fit exercise into a hectic workday—in 1992, you can work and work out simultaneously. The Walking Desk, a computer workstation for the office at home, has a treadmill, stationary bike and stair climber installed underneath. On her most productive day, a worker should be able to walk four to five miles and burn as many as fifteen hundred calories while maintaining a normal work load. The desk will also come with a compact-disc player and a color monitor for viewing nature scenes on a computer break.



Based on information from the book FUTURE STUFF: More than 250 timesaving, delicious, stimulating, fun and energy-saving products that will be available by the year 2000, by Malcolm Abrams and Harriet Bernstein. Published by Viking Penguin, Inc., 1989.

WITH BLEACH

CLOROX

No powder cleanser can make this claim.



Soft Scrub® with Clorox® Bleach.

Clean as Clorox. Safe as Soft Scrub Cleanser.
It bleaches away even the toughest
stains in a way no powder can.

as directed.
CLOROX COMPANY

good-bye '80s, hello

A LOOK AT WHAT WE'RE LEAVING BEHIND, WHAT WE WANT TO HOLD





One of the most requested songs of the past ten years? The Wedding March. Since goin' to the chapel was so very trendy in the eighties, maternity clothes and well-worn weekend wear will be the status symbols for the busy nineties mom

Say good-bye to a decade of dressing for excess. What's out? Being too rich and too thin, real fur coats, the LaCroix-inspired pouf, tight bustier dresses for women who should know better, Madonna red lips and beefed-up brows, Dynasty-style dazzle with flashy sequins and enormous shoulder pads. Say hello to a simpler, more



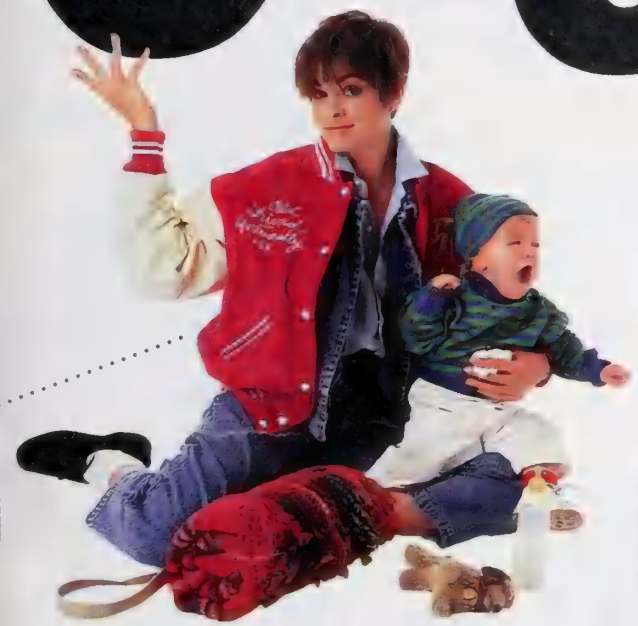
Jane Fonda was responsible for the aerobics craze of the eighties. Her at-home workouts got us jumping, lunging and sweating. The result? She became slimmer, stronger and sexier over the years, and so did we.

ONTO AND WHAT'S IN STORE FOR THE FUTURE

'90s

SNEAKER CHIC

Remember when you owned only a pair or two of tennis shoes? Then sneakers got snazzy. With the foray into fitness came high-tech running shoes, aerobics shoes and cross-training shoes. Sure, some of us wore them for fitness, but most of us wore them for fashion





Deep, dark California tans are *out*! No more pouring on the oil for day-long sunbathing binges or using tan accelerators to get darker instantly. Forget about bronzing off-season in those risky tanning salons. Now we know about UV rays and SPFs, and it's time to save face. Instead of suntan oils, there are broad-spectrum sunscreens with SPFs as high as 44.



Even the Bain de Soleil model has toned down her San Tropez tan

And sunscreens have gone way beyond the beach—they now boost foundations, moisturizers and lipsticks, too. In the nineties, we'll never say good day sunshine without full protection—and pale skin will be in!

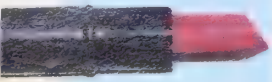
natural approach to beauty with the focus on ritual skin care, easy-does-it fitness (no more going for the burn!), classic body-tailored fashion with the emphasis on interesting accessories such as dramatic but minimal jewelry, important belts and shoes with stitched-on insignias, tried-and-true plaids and houndstooth fabrics and frankly faux furs. We can't wait for the nineties—it's guaranteed to be a time of comfortable, low-key dressing, looking and living.





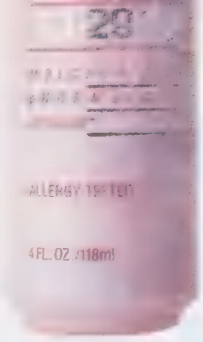
MAKEUP DOS AND DON'TS OF THE '80S

The "Color Me Beautiful" trend had us all rushing to have our skin tones analyzed. Were you a winter, spring, summer or fall? Autumns were told they had to *love* orange and gold (even if they looked pretty in pink). Then along came Madonna with her full, red lips, and suddenly everyone had to have red lipstick no matter what her season was. The important makeup news for the '90s? Everyone will go for the subtle, monochromatic natural face. Kiss those red lips good-bye.









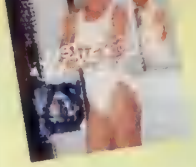
Skin-care products simply flew off the shelves in the eighties. Why? Because for the first time they promised to do more than merely moisturize. They claimed to contain secret ingredients and special compounds that would rejuvenate skin as well as erase wrinkles. **Antiaging** *creams, lotions, nighttime potions, even space-age gel-filled capsules were all the rage. Do they really prevent aging? Of course not. Perhaps they make lines and wrinkles appear less noticeable, for a while anyway. But were we satisfied? No way. Some of us wanted those wrinkles to actually disappear—so we tried collagen injections and* **Retin-A**. *The only problem is you have to use them forever. What's next? We'll swap antiagers for* **firmers**. *Also, according to the American Society of Plastic and Reconstructive Surgeons, there's evidence that Retin-A is a wrinkle preventive, so the vitamin-A derivative could become as widely used as flouride in toothpaste.*







UNDERWEAR GETS SEXY

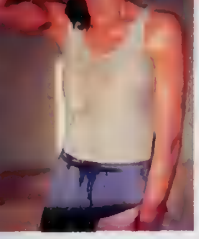


Far from pretty and not in the least bit feminine, the underwear of choice in the eighties was borrowed from the boys. But nineties underpinnings, on the other hand, will be lacy and alluring—sheer necessities for women only.





'80s: black on black on black



Firm, firmer, firmest . . . The body beautiful of the fitness-oriented eighties was superlean, fat-free, hipless, muscled. Those who aerobicized and pumped iron at a feverish pace were awarded with a **hard body**. *The rest of us tried to make it to the gym as often as possible, and when the extra pounds refused to budge, we attempted to compensate with fad diets. What's worse, we had to watch* **ultra-thin** *celebs like Cher on TV, touting the joys of being in* **incredible** *shape (making us feel incredibly guilty). With that peer pressure, who wouldn't have a* **weight obsession**? *Frankly, we've had just about enough. Nineties workouts will be effective, not overwhelming, and they will include stress reduction for long-term health maintenance.* **Walking** *will reign as the sport of choice. As for the ultimate body image, it will be real, not ideal,* **curvy all over**, *not stick-straight. Hip hip hooray!*







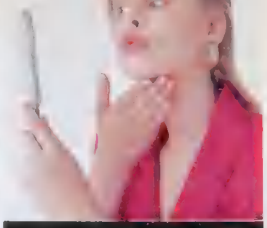
'90s: black on black on black! Always a style essential, forever modern.



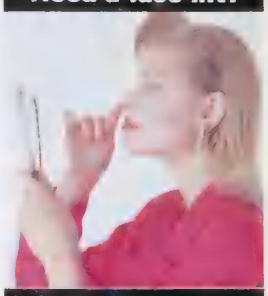




The most popular cosmetic surgery procedures for women in 1988: liposuction (87,460), breast augmentation (71,720) and eyelid surgery (60,540). The number of liposuction treatments has increased by 81 percent since 1981—it'll be number one in the nineties.



Need a face-lift?



Or a nose job?

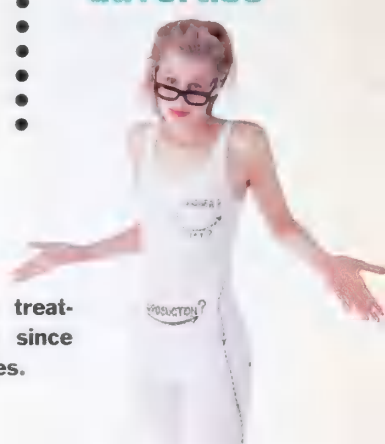


Got saggy eyelids?



Call Dr. Lookgood

'80s plastic surgeons learned it pays to advertise





Even if you weren't outrageously decadent during the past decade, we bet your perfume was. With racy names like Obsession, Uninhibited, Poison, Passion, Opium and Scoundrel, these fragrances—created by cosmetics companies, celebs and top designers—meant women could wear their lustiness behind the ears. Instead of being subtly alluring, the top-selling scents of the eighties screamed **sex** *quite loudly. So now you'd rather splash on a soft-spoken perfume (a natural choice in the era of safe sex)? Then you'll be pleased to know that perfumers have put* **romance** *and elegance back in the bottle. Pretty, quietly evocative fragrances in understated packages called Knowing, Eternity and Beautiful are perfect for you.*





Ads for Guess? jeans and Obsession perfume were as blatantly sexy as the fragrances—in fact, they were positively X-rated

ADVERTISEMENTS GO FROM WILD

OUT OF THE BLUE

Denim made a big comeback in the eighties—five-pocket jeans, cutoffs, jackets and minis, in blue, black and stonewashed. It's a classic we'll love forever



In the eighties, when things got tough, the tough went shopping. **Malls** *sprouted up from coast to coast and were meccas for value and convenience. Well, now you can shop till you drop at home, with* **catalogs** *such as Esprit, Tweeds, Ann Taylor and J. Crew, to name a few. Who could ask for anything more?*



'80s '90s

Enormous shoulder pads
Football-player size, sewed in or Velcroed

A natural shoulder line
Smaller, more body-conscious pads



Status accessories
Showy, expensive watches

Designer scarves



Working-class chic



Glasnost watches from the USSR



Simple T-shirts with social messages

Shock shades
Day-Glo orange, yellow, green and purple

Classic colors
Neutrals like camel, navy, gray, beige and red

Sparkling rhinestones
Flashy jewelry that was frankly faux and outsize, the bigger and shinier the better

Holistic crystals



Stones with powers all their own that hang from long black silk cords or simple gold chains







TO MILD



Ads now reflect family values, individuality and the good life

Was there life before mousse? Mega-volume, superhold . . . eighties hair was scrunched, lifted and spiked out to *there* or chicly sleeked back with gel. Good news: Nineties hair will be soft, easy to care for and boyishly *short*, thanks to top models Linda Evangelista and Lauren Hutton, who all snipped short first. Are you ready for the kindest cut of all?



What's in the closets of the eighties? Fashion victims' oversize, baggy and shapeless outfits, too-skinny minis, nouveau-riche Dynasty looks. What's next for the thoroughbred clotheshorse? Tailored, pared-down, Euro-chic looks for weekdays, office and eves, classic sportswear for pure weekend ease.

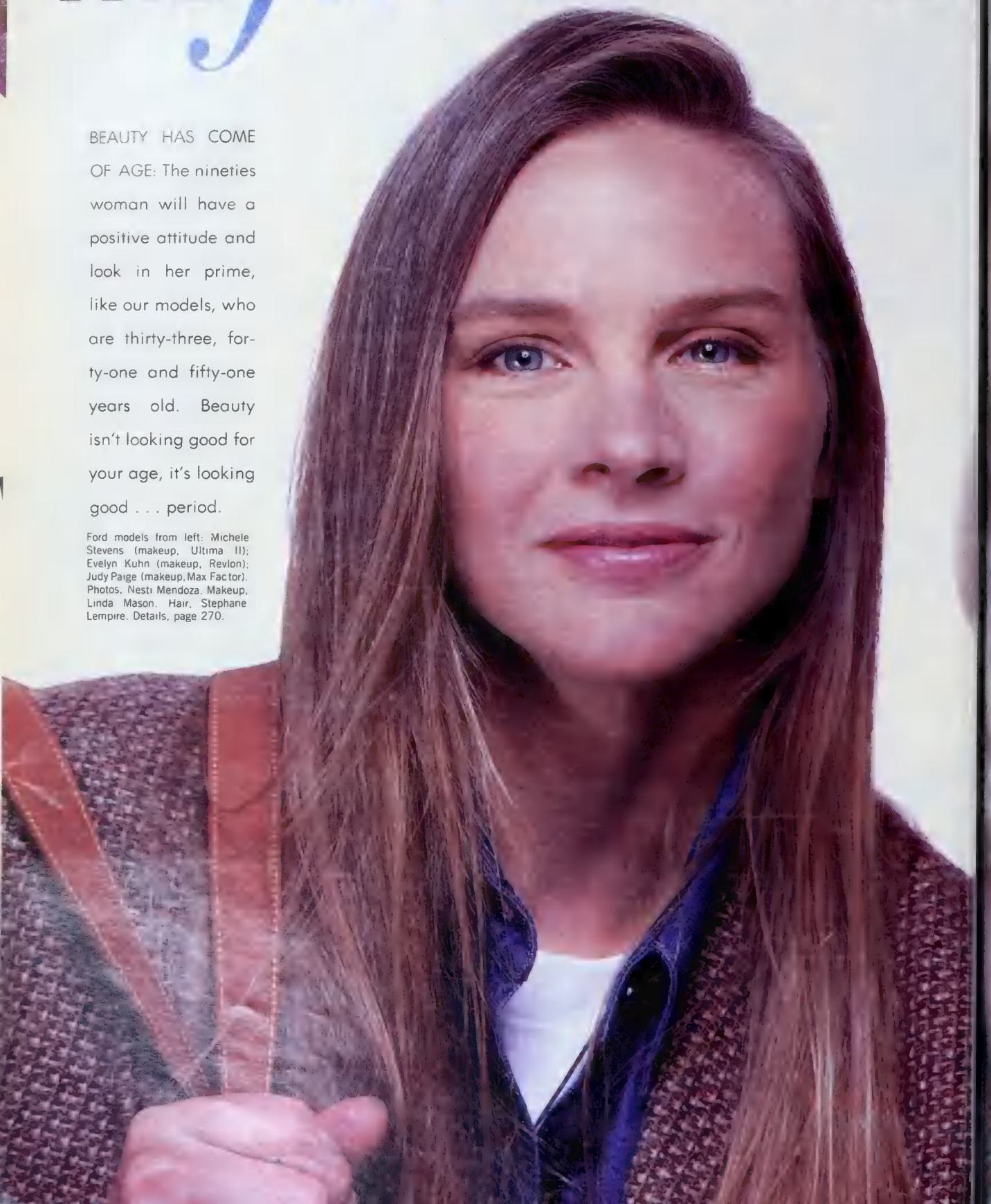




THE *face* OF THE

BEAUTY HAS COME OF AGE: The nineties woman will have a positive attitude and look in her prime, like our models, who are thirty-three, forty-one and fifty-one years old. Beauty isn't looking good for your age, it's looking good . . . period.

Ford models from left: Michele Stevens (makeup, Ultima II); Evelyn Kuhn (makeup, Revlon); Judy Paige (makeup, Max Factor). Photos, Nesti Mendoza. Makeup, Linda Mason. Hair, Stephane Lempire. Details, page 270.



DECADE

By Lois Joy Johnson
Beauty and Fashion Editor





These days, everybody's all-American. Ethnic women with strong features and one-of-a-kind looks have redefined the traditional cookie-cutter standard of beauty. Say good-bye to blond on bland—now, the more individual the look, the better.

Models from left: Gail O'Neill of Click (makeup, Maybelline); Cecilia of Bethann (makeup, Merle Norman) and Beverly Lee of Ford (makeup, CoverGirl). Details, page 270.





The *new* American beauties

ACCORDING TO TOP BLACK MODEL BEVERLY JOHNSON, the makeup tips that work best for her are ideal for all women of color.

■ Although many cosmetic companies are expanding their shade ranges of foundations, it can still be difficult to find a perfect match. One solution: Maintain good skin care so you aren't dependent on foundation, and use powder to give skin a finished look. Try Custom Blended Powders, available from Visage Beauté and Charles of the Ritz.

■ The most flattering eye-makeup colors for dark brown eyes? Deep smoky browns, charcoal gray, bottle green, midnight navy, rich purple. Beverly's favorite? Rimming inner lids with kohl for a sultry, mysterious look. We like L'Oréal Le Grand Kohl in Night Bleu, Moss and Violette.

■ Red lipstick gives warm skin tones instant energy, but if you prefer the natural look, try Beverly's trick: Line and fill in lips with a tawny/cinnamon pencil and top with a tawny/cinnamon pencil and top with a touch of gloss.

■ Most Asian women are lucky enough to have smooth, poreless skin that's an ideal background for makeup. Best beauty booster? Feather-light powder to enhance porcelain complexions; pale tints of white or lavender for real evening drama. Look for Christian Dior's Pressed Powder in White Porcelain and Pale Mauve.

■ For standout eyes, Asian women should accent and elongate eye shape with pencil, starting a quarter of the way in from inner corner. Bring out bridge of nose by blending brown shadow from crease to brow.

■ Make the most of rich brown hair with a semi-permanent color (no-peroxide color that washes out in four to six shampoos) like L'Oréal's Advantage in Dark Rich Brown and Clairol's Loving Care in Dark Warm Brown.



Everyone can have an ageless face

Looking great in the nineties isn't about age—it's all about confidence and a healthy beauty attitude. Here, tips to look forever young ● Years of sun exposure may show up now as lines, wrinkles, reduced elasticity and sun spots, and stress, poor nutrition and lack of sleep will affect your skin more now than ever. Keep skin shipshape: Wear sunblock; get plenty of sleep; exercise at least three times a week; eat a balanced diet; moisturize daily. ● De-emphasize wrinkles with a light buffing of loose transparent powder. Shine will exaggerate wrinkles, so keep shadows and blushers matte and avoid frosted lipsticks. ● Give face a daily youth boost with color. *Every* face over thirty needs blush and lipstick. Count on creamy warm pink blush. Layer lip pencil and lipstick for all-day color. ● Always use eye and lip pencils to define features, but be sure to blend—hard lines are *aging*. ● If you wear your hair long make sure it's trimmed regularly. A blunt cut looks youthful without looking too young.

A lot of women double their pads to get enough protection. Now one pad does it better.



Introducing Always Double Plus

If you've been wearing two pads together, it's time to rethink your pad. Because now there's one maxi that protects better than two regular maxis. New Always® Double Plus gives you more protection in the middle, where you need it most. And lots more length. Actually 4" more in length with ends that taper for a more comfortable fit.

And look. Double Plus also has those amazing Panty Protectors called wings. New Always Double Plus. Because for some women it has to be double or nothing.



My grampa, the "double Laker." My brother and I called him that. It sounds silly, but Sundays at the family pancake breakfast, he'd always earn the nickname.

Here's what he'd do: When "Pa" thought no one was watching, he'd knife up some butter and hide it under his top pancake. Then, as if nothing had happened, he'd dive back into the butter dish, this time burying the top of his stack with LAND O LAKES® Butter. Hence the name, "double Laker."

I never told anyone about this. But somebody did. Because just last Sunday I spied my son, Aaron, doing the same thing to his pancakes. And he didn't learn it from me. Honest!



The Taste That Brings You Back

November features fabulous recipes for the kinds of food we'll want to eat in the nineties. Top priority? Supper has to be speedy.

50 FAST MEALS



food JOURNAL

LADIES' HOME JOURNAL TRIPLE-TESTED RECIPES

fill the bill with quick takes on family-pleasing pasta, chicken, and more. . . Also important: healthy eating. The **NUTRI-DITIONALIST** loves chock-full-of-nutrients eats. . . The microwave is the top cooking accessory, and in the nineties we'll rely on it for a lot more than defrosting. **MICROWAVE ENTERTAINING** makes it easy to prepare elegant holiday fare . . . And even though we want to eat healthy, there's *always* room for dessert. Julia Child's **SWEET INDULGENCES** are spectacular wrap-ups to any special meal. . . . Stay tuned for month after month of perfect-for-the-nineties food. Happy Thanksgiving!







50 Fast meals

BY JAN TURNER HAZARD, FOOD EDITOR

Photos: Thom DeSimko, prop stylist, Debrah Donahue.

WHAT'S FOR DINNER? DOZENS AND DOZENS OF DELICIOUS WAYS TO WHIP UP QUICK-COOKING PASTA, FISH, CHICKEN, AND MORE—PERFECT FOR LIFE IN THE FAST LANE!



50 FAST MEALS
continued

The secret to our fast meals is a mix-and-match technique: We've got four categories of dinner basics. Cook pasta, fish, chicken or steak according to the directions, while whipping up the easy-does-it sauce of your choice. None takes more than 20 minutes!

PASTA is still everyone's favorite. Don't feel you have to stick to our choices. To cook pasta: Bring 6 quarts water to boil. Add 2 tablespoons salt and 1 pound dry pasta; stir to prevent sticking. Return to boil and cook uncovered until just tender, 8 to 12 minutes. Drain and toss with your choice of the following sauces. Each makes 6 servings.

No-cook sauces: These should be prepared and waiting for the cooked pasta. Add pasta, toss and serve pronto!

TUNA AND RED-PEPPER

In large serving bowl combine 1 jar (7 oz.) roasted red peppers, julienned, 1 can (6.5 oz.) Italian tuna packed in oil, drained, ¼ cup chopped fresh parsley, ¼ cup extra-virgin olive oil, 2 tablespoons capers, 2 teaspoons minced garlic and ½ teaspoon *each* salt and freshly ground pepper. Toss immediately with 1 pound cooked shells.

Nutrition info per serving: 425 calories, 18 gm protein, 13 gm fat, 59 gm carbohydrates, 367 mg sodium, 5 mg cholesterol.

SPINACH PESTO

In blender combine ½ cup extra-virgin olive oil, ½ cup packed parsley sprigs, 3 tablespoons pine nuts, 1 teaspoon salt, ½ teaspoon *each* dried basil and freshly ground pepper; blend until smooth. Add 10 ounces fresh spinach a handful at a time, blending until smooth after each addition. Transfer to large serving bowl and stir in ½ cup freshly grated Parmesan cheese and 2 teaspoons minced garlic. Toss immediately with 1 pound cooked fusilli.

Nutrition info per serving: 515 calories, 15 gm protein, 24 gm fat, 60 gm carbohydrates, 560 mg sodium, 6 mg cholesterol.

GOAT-CHEESE AND ARUGULA

Crumble 1 log (5½ oz.) goat cheese and coarsely chop 1 bunch arugula or watercress. Place in large serving bowl and add 1 cup cherry tomatoes, quartered, ¼ cup extra-virgin olive oil, 2 teaspoons minced garlic and ½ teaspoon *each* salt and freshly ground pepper. Toss immediately with 1 pound cooked penne.

Nutrition info per serving: 465 calories, 15 gm protein, 18 gm fat, 61 gm carbohydrates, 358 mg sodium, 24 mg cholesterol.

DILLED SHRIMP AND FETA

In large serving bowl combine ¾ pound cooked shrimp, ¼ pound crumbled feta cheese, ¼ cup chopped fresh dill, ¼ cup olive oil, 2 tablespoons fresh lemon juice and ½ teaspoon dried oregano. Toss immediately with 1 pound cooked bowties.

Nutrition info per serving: 470 calories, 24 gm protein, 15 gm fat, 58 gm carbohydrates, 341 mg sodium, 127 mg cholesterol.

OLIVES AND SUN-DRIED TOMATOES

Drain ⅓ cup sun-dried tomatoes packed in oil and slice. Place in large serving bowl with ⅓ cup sliced Greek olives and ¼ cup chopped fresh parsley, 2 tablespoons extra-virgin olive oil, 3 anchovy fillets, diced, and 2 teaspoons minced garlic. Toss immediately with 1 pound cooked ziti.

Nutrition info per serving: 395 calories, 11 gm protein, 13 gm fat, 60 gm carbohydrates, 621 mg sodium, 1 mg cholesterol.

Tomato sauces: The next five sauces are tomato-based. Use the widest, deepest pan you own, so the sauce reduces quickly for concentrated, robust flavor.

ARRABBIATA

Melt ¼ cup butter in saucepot over medium heat. Add ½ teaspoon red pepper flakes and ½ cup vodka. Reduce heat to low and simmer 2 minutes. Add 1 can (14 oz.) tomatoes, undrained; increase heat to high and cook 5 minutes, breaking up tomatoes with spoon. Stir in ⅔ cup heavy cream and 1 teaspoon salt; cook just until sauce begins to thicken, 5 minutes more. Toss with 1 pound cooked penne. Sprinkle with ⅔ cup grated Parmesan.

Nutrition info per serving: 500 calories, 15 gm protein, 22 gm fat, 61 gm carbohydrates, 767 mg sodium, 66 mg cholesterol.

TOMATO-SPINACH

Heat 2 tablespoons olive oil in saucepot over medium-high heat. Add 2 teaspoons minced garlic and pinch *each* dried thyme and marjoram; cook 30 seconds. Add 1 can (28 oz.) tomatoes, undrained, and ¼ teaspoon *each* salt and pepper. Cook until thickened, 5 to 10 minutes, breaking up tomatoes with spoon. Stir in 1 package (10 oz.) frozen chopped spinach, thawed and squeezed dry. Cook until heated through, 2 minutes more. Toss with 1 pound cooked spaghetti. Serve with grated Parmesan cheese.

Nutrition info per serving: 360 calories, 12 protein, 6 gm fat, 65 gm carbohydrates, 342 sodium, 0 mg cholesterol.

AMATRICIANA

Cook 4 slices bacon, diced, in sauce over medium-high heat until cr about 5 minutes. Drain all but 2 ta spoons drippings from pot, add ½ chopped onion and cook about 3 m utes. Add 1 teaspoon minced garlic ¼ teaspoon red pepper flakes; cook seconds. Add 1 can (28 oz.) plum to toes, undrained; cook 10 minu breaking up tomatoes. Add 1 ta spoon chopped fresh parsley. Toss v 1 pound cooked spaghetti. Serve v grated Parmesan cheese.

Nutrition info per serving: 365 calories, 12 protein, 7 gm fat, 64 gm carbohydrates, 30 sodium, 7 mg cholesterol.

SOUTH-OF-THE-BORDER

Heat 2 tablespoons vegetable oil saucepot over medium-high heat. Ad small onion, chopped; cook 3 minu Add 1 can (14 oz.) plum tomatoes, drained, 1 can (4 oz.) chopped green ies, drained, 2 teaspoons fresh lime j and ½ teaspoon oregano. Cook 5 m utes, breaking up tomatoes. Add ½ tequila and cook 2 minutes more. with 1 pound cooked fettucine. Gar with 1 diced jalapeño chili. Serve v grated Asiago or Parmesan cheese.

Nutrition info per serving: 355 calories, 11 protein, 8 gm fat, 59 gm carbohydrates, 22 sodium, 71 mg cholesterol.

(continu

Photo ID's (see previous pag

LEFT TO RIGHT, TOP ROW: South-of-the-Border tuccine, Mediterranean Chicken, Radiatore with Gorgonzola and Pea Sauce, Beef with Green-Pe corn Sauce, Penne with Sausage and Radicchia, F der with Crabmeat Sauce, Mushroom Madeira C en, Flounder with Leek and Cream Sauce, Bow with Dilled Shrimp and Feta, Bombay Curry Chic Flounder Provençal. **SECOND ROW:** Nut 'n' H Chicken, Penne with Goat-Cheese and Arugula, with Red Wine and Herb Sauce, Pizza-Style Rot Flounder with Tropical Salsa, Beef with Béarn Sauce, Spaghetti Amatriciana. **THIRD ROW:** Spag with Tomato-Spinach Sauce, Chicken with Cranb Pear Compote, Penne Arrabbiata, Beef with Mustards, Two-Mushroom Pasta, Chicken Paprik Creole Flounder. **FOURTH ROW:** Flounder with Br Butter and Pine Nuts, Spaghetti with Zucchini, with Winter Salsa, Pasta with Broccoli Agli Olio, with Mushroom-Brandy Sauce, Flounder with B and Onion, Pasta with Saffron and Scallops. F **ROW:** Beef with Parsley Sauce, Flounder with T gon Beurre Blanc, Rigatoni with Eggplant and Pepper Sauce, Flounder with Artichoke-Tomato Sa Fusilli with Spinach Pesto, Lemon-Rosemary Chic Beef with Blue-Cheese Butter. **BOTTOM ROW:** C en with Shallots and Balsamic Vinegar, Linguine Clams Gremolata, Red-Pepper Flounder, Ziti with ives and Sun-Dried Tomatoes, Beef with Marin Peppers, Shells with Tuna and Red-Pepper Sa Chicken à l'Orange, Fettuccine Alfredo, Apple Cream Chicken, Scandinavian Fusilli, Oriental Bee



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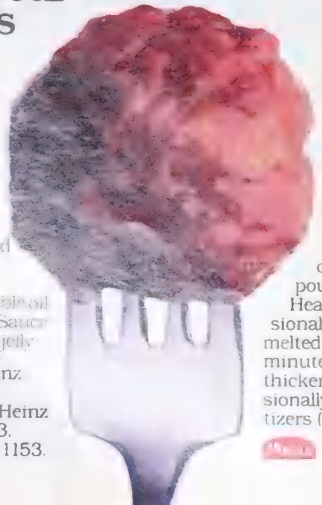
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Sweet & Sour Meatballs



1 pound lean ground beef
1 cup soft bread crumbs
1 egg, slightly beaten
2 tablespoons minced fresh onion
2 tablespoons milk
1 clove garlic, minced
1 teaspoon salt
Dash pepper
1 tablespoon vegetable oil
⅔ cup Heinz Chili Sauce
⅔ cup red currant jelly

Combine first 8 ingredients; form into 40 bite-size meatballs, using a full teaspoon for each. Brown meatballs lightly in oil. Cover; simmer 10 minutes. Drain excess fat. Combine chili sauce and jelly; pour over meatballs. Heat, stirring occasionally, until jelly is melted. Simmer 10 to 12 minutes until sauce has thickened; baste occasionally. Makes 40 appetizers (¾ cup sauce).

For your FREE Heinz Chili Sauce recipe Booklet, just write: Heinz U.S.A., P.O. Box 1153, Boston, MA 02277-1153.

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PIZZA-STYLE

Heat 1 tablespoon olive oil in saucepot over medium-heat. Add ½ cup finely chopped onion and cook abo minutes. Add 1 can (28 oz.) tomatoes, undrained, 1 spoon salt, ½ teaspoon *each* dried basil and freshly gr pepper. Bring to boil, breaking up tomatoes. Cook u ered over medium-high heat 10 minutes. Stir in ½ c oz.) quartered pepperoni slices; heat through. Toss w pound cooked rotelle. Add 8 ounces mozzarella ch cubed; toss again. Serve with grated Parmesan cheese

Nutrition info per serving: 475 calories, 22 gm protein, 14 gm fat, carbohydrates, 953 mg sodium, 29 mg cholesterol.

Cream sauces: Heavy cream is the base for this category. It thicken when cooked vigorously for a few minutes. Toss with p and serve quickly before sauce is absorbed.

ALFREDO

Bring 1 cup heavy cream to boil with ½ teaspoon *each* and freshly ground pepper and a pinch nutmeg in skillet. Boil just until slightly thickened, 3 minutes. S ¼ cup butter, cut up. Toss with cooked fettuccine. Spri with ¾ cup grated Parmesan cheese.

Nutrition info per serving: 555 calories, 16 gm protein, 29 gm fat, carbohydrates, 506 mg sodium, 156 mg cholesterol.

NUTTY GORGONZOLA AND PEA

Melt 1 tablespoon butter in large skillet over medium-heat. Add ¼ cup minced onion and 1 teaspoon mi garlic; cook, stirring, about 3 minutes. Add 1 cup h cream and ½ teaspoon *each* salt and freshly ground pe boil until thickened, about 3 minutes. Stir in 1 packag oz.) frozen peas and 4 ounces crumbled gorgonzola c and heat until cheese melts. Toss with 1 pound co radiatore (ruffles), ½ cup chopped toasted walnuts a cup chopped fresh parsley.

Nutrition info per serving: 605 calories, 18 gm protein, 29 gm fat, carbohydrates, 537 mg sodium, 74 mg cholesterol.

SCANDINAVIAN

Melt 1 tablespoon butter in large skillet over medium-heat. Add ¼ cup minced onion and cook about 3 min Add ½ cup dry white wine and cook over high heat almost all liquid evaporates. Stir in 1 cup heavy crea teaspoon salt and ½ teaspoon ground pepper; boil 3 utes or until slightly thickened. Add ½ pound sa fillet, cubed, 1 cup frozen baby peas, 3 green on chopped, and ¼ teaspoon grated lemon peel; cook salmon is opaque, 5 minutes. Toss with 1 pound co fusilli.

Nutrition info per serving: 515 calories, 19 gm protein, 20 gm fat, carbohydrates, 463 mg sodium, 80 mg cholesterol.

SAFFRON AND SCALLOPS

Heat 1 tablespoon olive oil in large skillet over medium heat. Add 1 pound bay scallops and cook, stirring occasi ly, until just opaque, about 3 minutes. Remove scallops keep warm. Add 1 cup clam juice to skillet and cook reduced to ½ cup, about 7 minutes. Add 1 cup heavy cre green onions, sliced, a pinch saffron and salt and fr ground pepper to taste. Heat to boiling. Return scallo sauce; toss with 1 pound cooked capellini.

Nutrition info per serving: 505 calories, 23 gm protein, 18 gm fat, carbohydrates, 247 mg sodium, 79 mg cholesterol.

MUSHROOM

3 tablespoons olive oil in large
t over medium-high heat. Add ¼
d *each* sliced white mushrooms
shiitake mushrooms with stems
ved. Cook until almost all liquid
sorbed, stirring occasionally, 1 to
utes. Add 1 shallot, chopped, and
about 1 minute. Add 1 cup chick-
oth and cook until reduced by
Add ¾ cup heavy cream, 3 table-
s chopped fresh parsley and
y ground pepper to taste. Toss
1 pound cooked bowties.

n info per serving: 460 calories, 11 gm
19 gm fat, 60 gm carbohydrates, 209 mg
41 mg cholesterol.

-oil sauces:

OLI AGLI OLIO

⅓ cup extra-virgin olive oil in
skillet over high heat. Stir in 1
2 oz.) anchovy fillets, drained, 1
spoon minced garlic and ¼ tea-
red pepper flakes, breaking up
vies with spoon. Cut florets from
ch broccoli (reserve stems for an-
use). Add to skillet and cook,
ng, just until fork-tender, 3 to 5
es. Toss with 1 pound cooked fu-

Nutrition info per serving: 435 calories, 15 gm protein, 14 gm fat, 63 gm carbohydrates, 308 mg sodium, 4 mg cholesterol.

ZUCCHINI

Cut 2 pounds zucchini into 2x¼x¼-inch julienne strips. Heat ⅓ cup extra-virgin olive oil in large skillet over high heat. Add zucchini in batches and sauté until beginning to brown, transferring each batch to large serving dish. Add 1 tablespoon minced garlic to skillet and cook 30 seconds; add to zucchini with remaining oil in skillet and ¼ pound julienned prosciutto or ham and ¼ teaspoon salt and ½ teaspoon freshly ground pepper. Toss with 1 pound cooked spaghetti.

Nutrition info per serving: 440 calories, 16 gm protein, 15 gm fat, 62 gm carbohydrates, 380 mg sodium, 11 mg cholesterol.

SAUSAGE AND RADICCHIO

Brown ½ pound sweet bulk Italian sausage in large skillet over medium-high heat; drain. Add 3 tablespoons olive oil to skillet with 1 chopped medium onion and cook about 5 minutes. Add ¼ pound radicchio, julienned, 1 minced garlic clove and ⅓ cup chicken broth; cook 1 to 2 minutes. Add ¼ cup chopped fresh parsley. Toss with 1 pound cooked penne.

Nutrition info per serving: 480 calories, 15 gm protein, 20 gm fat, 59 gm carbohydrates, 345 mg sodium, 29 mg cholesterol.

EGGPLANT AND RED PEPPER

Heat ⅓ cup olive oil in large skillet over medium-high heat. Add ¾ pound diced Japanese eggplants or 1 small eggplant, 1 diced red pepper, 1 chopped medium onion, 1 can (2 oz.) anchovy fillets, drained and chopped, and 1 tablespoon minced garlic. Cook until vegetables are soft, about 10 minutes. Stir in ⅔ cup julienned fresh basil and a dash freshly ground pepper. Toss with 1 pound cooked rigatoni.

Nutrition info per serving: 430 calories, 13 gm protein, 14 gm fat, 64 gm carbohydrates, 281 mg sodium, 4 mg cholesterol.

CLAMS GREMOLATA

Bring ½ cup *each* clam juice and dry white wine, 1 small onion, diced, and 1 tablespoon chopped fresh parsley in large saucepot to a boil over medium-high heat. Add 24 scrubbed small cherrystone clams; cover and cook until clams open, 3 to 5 minutes. Transfer open clams to bowl; continue cooking remaining clams 3 to 5 minutes more, discarding any unopened clams. Add ⅓ cup chopped parsley, ⅓ cup olive oil, 1 tablespoon minced or

(continued)





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50 FAST MEALS
continued

grated lemon peel and salt and pepper to taste. Serve over 1 pound cooked linguine.

Nutrition info per serving: 435 calories, 17 gm protein, 13 gm fat, 60 gm carbohydrates, 81 mg sodium, 20 mg cholesterol.

BONELESS CHICKEN BREASTS are fast-cooking and low in fat. Sautéing gives chicken a rich flavor, and the pan drippings contribute to savory sauces. To sauté chicken breasts: Heat 1 tablespoon vegetable oil in large skillet over medium-high heat. Pat 4 boneless, skinless chicken breasts (about 1½ lbs.) dry on paper towels; sprinkle with salt and freshly ground pepper. Cook just until firm to the touch, 4 to 5 minutes per side. Remove from skillet and keep warm while making sauce in same skillet. Makes 4 servings.

MUSHROOM MADEIRA

Add 1 tablespoon butter, ½ cup finely chopped onion, ½ pound sliced mushrooms, and ⅛ teaspoon thyme to skillet. Cook, stirring occasionally, 5 minutes. Add ¼ cup Madeira and cook until almost all liquid is absorbed, about 2 minutes. Stir in ½ cup heavy or whipping cream and ¼ teaspoon *each* salt and freshly ground pepper; continue cooking until sauce is slightly thickened, 3 to 5 minutes. Spoon over chicken. Makes 1½ cups sauce.

Nutrition info per serving: 375 calories, 41 gm protein, 20 gm fat, 7 gm carbohydrates, 290 mg sodium, 147 mg cholesterol.

APPLE 'N' CREAM

Peel 1 apple and cut into 8 wedges. Melt 1 tablespoon butter in skillet. Add ¼ cup minced onion and the apple. Cook over medium-high heat, stirring occasionally, until apple is golden, 3 to 5 minutes. Add 2 tablespoons calvados brandy; cook until almost all liquid is evaporated, about 30 seconds. Stir in ½ cup heavy cream, ¼ teaspoon *each* salt and freshly ground pepper and a pinch thyme. Cook over high heat until thickened, 3 minutes. Spoon over chicken. Makes 1 cup sauce.

Nutrition info per serving: 385 calories, 40 gm protein, 20 gm fat, 10 gm carbohydrates, 287 mg sodium, 147 mg cholesterol.

PAPRIKASH

Melt 1 tablespoon butter in skillet. Add 1 cup sliced onions and cook over medium-high heat 5 minutes. Stir in 1 tablespoon paprika and cook 30 onds more. Add ½ cup chicken and ¼ teaspoon *each* salt and gr pepper; cook over high heat unti uid is reduced by half. Remove heat; stir in ½ cup sour cream. S over chicken. Makes ¾ cup sauce

Nutrition info per serving: 265 calories, protein, 9 gm fat, 4 gm carbohydrates, 4 sodium, 107 mg cholesterol.

LEMON-ROSEMARY

Add ¼ cup minced onion to skille cook over medium-high heat 3 utes. Stir in ¾ cup chicken brot ¼ teaspoon *each* rosemary and fr ground pepper; cook over high he til reduced by half. Remove from and stir in 2 tablespoons butte substitutions) and 1 tablespoon lemon juice until butter is soft not melted. Spoon over chicken. M ½ cup sauce.

Nutrition info per serving: 280 calories, protein, 12 gm fat, 1 gm carbohydrates, sodium, 114 mg cholesterol.

NUT 'N' HONEY

Melt 1 tablespoon butter in skille medium-high heat. Add ½ cup halves and toast until golden, ab minutes. Remove nuts with s spoon and arrange on chicken. ¼ cup chicken broth, 1 tablespoo Dijon mustard and honey in s season with salt and pepper and to boil. Boil until slightly thick about 30 seconds. Spoon over ch Makes ¼ cup sauce.

Nutrition info per serving: 355 calories, protein, 18 gm fat, 7 gm carbohydrates, sodium, 107 mg cholesterol.

À L'ORANGE

Cut off peel from 1 orange. Cu sections from membranes; re juice.

Heat 1 teaspoon vegetable skillet over medium-high heat. small onion, sliced thin; cook 3 utes. Place 1 teaspoon cornsta small bowl. Gradually add chicken broth, stirring until sm Add to skillet with orange section juice, 1 tablespoon orange-flavo queur and a pinch red pepper. until thickened about 1 minute. over chicken. Makes ¾ cup sauc

Nutrition info per serving: 255 calories, protein, 7 gm fat, 6 gm carbohydrates, sodium, 99 mg cholesterol.

SHALLOT AND BALSAMIC VINEGAR

Heat 1 teaspoon vegetable oil in over medium heat. Add ¼ cup ch shallots and cook about 2 mi Add ½ cup chicken broth and 3 spoons balsamic vinegar *(conti*



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and cook until reduced to ⅓ cup, about 4 minutes. Remove from heat; whisk in 1 tablespoon butter. Spoon over chicken. Makes ⅓ cup sauce.

Nutrition info per serving: 265 calories, 40 gm protein, 10 gm fat, 2 gm carbohydrates, 286 mg sodium, 107 mg cholesterol.

MEDITERRANEAN

Toast 2 tablespoons slivered almonds in 1 teaspoon olive oil in skillet over medium-high heat, about 45 seconds. Transfer to plate. Add ⅓ cup chicken broth, 1 plum tomato, chopped, 2 tablespoons chopped Greek olives, 1 teaspoon capers, drained, and 1 teaspoon minced garlic to skillet; cook until slightly thickened, about 5 minutes. Add 1 tablespoon chopped fresh parsley. Makes ½ cup sauce.

Nutrition info per serving: 275 calories, 41 gm protein, 11 gm fat, 2 gm carbohydrates, 374 mg sodium, 99 mg cholesterol.

BOMBAY CURRY

Heat 1 teaspoon vegetable oil in skillet. Add ½ cup thinly sliced carrots and 1 medium onion, sliced thin; cook until softened, stirring occasionally, about 5 minutes. Add 1½ teaspoons curry powder and 1 garlic clove, minced; cook, stirring, 30 seconds. Add ½ cup heavy or whipping cream and ½ cup frozen peas and cook until sauce is slightly thickened, 2 minutes. Makes 1¼ cups sauce.

Nutrition info per serving: 360 calories, 41 gm protein, 18 gm fat, 7 gm carbohydrates, 148 mg sodium, 139 mg cholesterol.

CRANBERRY-PEAR COMPOTE

Peel, core and dice 1 pear. Combine with 1 cup cranberries, ⅓ cup sugar and ¼ cup red wine in skillet. Bring to boil; reduce heat to medium-high and cook until thickened, 5 minutes. Makes 1 cup sauce.

Nutrition info per serving: 320 calories, 40 gm protein, 6 gm fat, 26 gm carbohydrates, 112 mg sodium, 99 mg cholesterol.

FISH gets done in a flash in the microwave and it never dries out. To microwave fish: Arrange 1 pound flat fish fillets such as flounder or sole in 13x9-inch microwave-proof serving dish with 1 tablespoon water. Sprinkle with salt and freshly ground pepper. Cover with wax paper and microwave on High 4 to 5 minutes, until fish is opaque throughout. Drain. Makes 4 servings.

CRABMEAT

Melt 1 tablespoon butter or margarine in medium skillet over medium-high heat. Add ¼ cup minced onion, and pinch ground red pepper and cook, stirring, until translucent, 2 to 3 minutes. Add ¼ cup dry white wine and cook over high heat until almost all liquid is evaporated. Stir in ⅔ cup heavy or whipping cream and ¼ teaspoon salt; continue cooking over high heat until slightly thickened, about 3 minutes more. Stir in 6 ounces frozen crabmeat, thawed, flaked and picked over, and 1 green onion, chopped; heat through. Makes 1 cup sauce.

Nutrition info per serving: 315 calories, 31 gm protein, 20 gm fat, 2 gm carbohydrates, 391 mg sodium, 159 mg cholesterol.

CREOLE

Chop 1 onion and 1 green pepper. Mince 1 chorizo or Italian sausage. Heat 1 tablespoon vegetable oil in large skillet. Add onion, pepper and sausage. Cook over high heat, stirring, until vegetables are softened, 5 minutes. Stir in ⅛ teaspoon *each* ground red pepper, white pepper and freshly ground black pepper. Add 1 can (14 oz.) tomatoes, undrained, and ¼ teaspoon *each* salt and thyme. Cook over high heat, breaking up tomatoes, 5 minutes more. Makes 2 cups sauce.

Nutrition info per serving: 415 calories, 36 gm protein, 27 gm fat, 7 gm carbohydrates, 390 mg sodium, 54 mg cholesterol.

RED-PEPPER

Place ½ cup roasted red peppers, drained, ¼ cup mayonnaise or salad dressing, 1 teaspoon fresh lemon juice and pinch ground red pepper in blender; puree until smooth. Transfer to small bowl and stir in ¼ cup sour cream and 1 tablespoon chopped parsley. Makes 1 cup sauce.

Nutrition info per serving: 235 calories, 22 gm protein, 15 gm fat, 2 gm carbohydrates, 178 mg sodium, 69 mg cholesterol.

LEEKS AND CREAM

Melt 1 tablespoon butter in medium skillet over medium-high heat. Add 1 leek, washed well and chopped, and cook, stirring, 3 minutes. Add ¼ cup dry white wine and cook over high heat until almost evaporated, about 1 minute. Stir in ⅔ cup heavy cream, ¼ teaspoon freshly ground pepper and pinch salt; continue cooking over high heat until thickened, 2 to 3 minutes more. Makes ¾ cup sauce.

Nutrition info per serving: 275 calories, 22 gm protein, 19 gm fat, 3 gm carbohydrates, 173 mg sodium, 117 mg cholesterol.

TARRAGON BEURRE BLANC

Cut ½ cup cold unsalted butter into ½-inch cubes; refrigerate. Meanwhile, combine 3 tablespoons tarragon gar, 2 tablespoons white wine a tablespoon minced shallots in s saucepan. Cook over medium-heat until liquid is reduced to ab tablespoon, about 3 minutes. Re from heat. Whisk in cold butter a pieces at a time until softened. melted, so sauce thickens. Stir tablespoon chopped fresh tarragon teaspoon dried. Makes ½ cup sau

Nutrition info per serving: 310 calories, protein, 24 gm fat, 1 gm carbohydrates, sodium, 117 mg cholesterol.

BROWN BUTTER AND PINE NUTS

Melt 2 tablespoons butter in s skillet over medium heat until b (be careful not to burn), about 3 utes. Add 2 tablespoons toasted nuts; cook until nuts and butte lightly browned, about 2 minutes. 1 tablespoon chopped fresh parsl teaspoon balsamic vinegar and ¼ spoon grated lemon peel. Makes ½ sauce.

Nutrition info per serving: 180 calories, protein, 9 gm fat, 1 gm carbohydrates, 1 sodium, 70 mg cholesterol.

ARTICHOKE-TOMATO

Heat 1 tablespoon olive oil in 1 skillet over medium-high heat. A small onion, chopped; cook, stirri minutes until translucent. Add 2 spoons minced garlic, cook 30 sec Add ½ cup clam juice and cook reduced to ¼ cup, about 3 min Add 1 can (14 oz.) plum toma drained, and chop up tomatoes. until almost all liquid is evapor about 5 minutes. Stir in 1 can (14 whole artichoke hearts in wa drained and sliced. Cook until he through, about 2 minutes more. M 1½ cups sauce.

Nutrition info per serving: 185 calories, protein, 5 gm fat, 11 gm carbohydrates, 3 sodium, 54 mg cholesterol.

TROPICAL SALSA

Combine 1 ripe papaya, peeled, se and diced, 1 *each* small red pep small banana, diced green onion, 1 teaspoons minced jalapeño chili a tablespoons lime juice. Spoon over Makes 3 cups sauce.

Nutrition info per serving: 160 calories, protein, 2 gm fat, 15 gm carbohydrates, 9 sodium, 54 mg cholesterol.

BACON AND ONION

Cook 2 slices diced bacon until cris skillet. Remove with slotted sp Add 1 medium onion, sliced, to ping in skillet and cook until tra cent, about 3 minutes. Add 2 teasp minced garlic and cook 30 *(contin*



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CAJUN PORK • BARBECUED CHICKEN
ITALIAN MEATBALLS WITH SAUCE

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seconds. Add ⅓ cup clam juice and ¼ cup white wine; cook until reduced to 1 tablespoon, about 3 minutes. Remove from heat; whisk in 2 tablespoons cold unsalted butter (no substitutions) until sauce is thickened. Add reserved bacon and 2 tablespoons chopped fresh parsley. Makes ⅔ cup sauce.

Nutrition info per serving: 230 calories, 23 gm protein, 14 gm fat, 2 gm carbohydrates, 273 mg sodium, 78 mg cholesterol.

PROVENCAL

Soak 8 sun-dried tomato halves in 1 cup boiling water with ½ teaspoon balsamic vinegar 10 minutes. Remove tomatoes and slice thin. Place in small bowl and reserve 1 tablespoon soaking liquid. Add ½ cup diced zucchini, 2 tablespoons julienned basil and 2 tablespoons brine-cured olives, sliced.

Heat 2 tablespoons olive oil in small skillet over medium heat. Add ½ teaspoon minced garlic and cook 30 seconds. Remove from heat and whisk in 2 teaspoons balsamic vinegar and reserved soaking liquid. Pour over zucchini mixture, tossing to combine. Makes 1 cup sauce.

Nutrition info per serving: 190 calories, 22 gm protein, 9 gm fat, 5 gm carbohydrates, 131 mg sodium, 54 mg cholesterol.

STEAK will always be an American passion. This is a quick-cooking, low-fat cut. To cook steak: Preheat grill or broiler. Sprinkle 1½ pounds London broil, 1½ inches thick, with salt and freshly ground pepper. Grill or broil 6 minutes per side; let stand 10 minutes before slicing. Cut diagonally into thin slices. Each sauce calls for 3-ounce servings of meat.

WINTER SALSA

In food processor combine 2 cups cherry tomatoes, 3 tablespoons canned, chopped green chilies, 1 tablespoon minced onion, 2 teaspoons fresh lime or lemon juice, 1 garlic clove, minced, and ¼ teaspoon *each* salt and freshly ground pepper. Pulse just until coarsely chopped. Serve with beef. Makes 2 cups sauce.

Nutrition info per serving: With ¼ cup sauce, 220 calories, 21 gm protein, 14 gm fat, 2 gm carbohydrates, 159 mg sodium, 60 mg cholesterol.

PARSLEY

Combine 2 cups packed parsley sprigs, ½ cup mayonnaise, 2 tablespoons red wine vinegar, ½ teaspoon *each* salt and freshly ground pepper in blender. Blend until smooth, stopping machine occasionally and pushing parsley down. Transfer to small bowl and stir in 1 garlic clove, minced. Serve with beef. Makes ¾ cup sauce.

Nutrition info per serving: With 1 tablespoon sauce, 285 calories, 22 gm protein, 21 gm fat, 1 gm carbohydrates, 218 mg sodium, 66 mg cholesterol.

ORIENTAL

Combine ½ cup chicken broth, 2 tablespoons white wine, 1 tablespoon low-sodium soy sauce, 1 teaspoon minced fresh ginger, ¼ teaspoon sugar and ⅛ teaspoon Oriental sesame oil in small saucepan. Bring to boil; reduce heat and simmer 5 minutes. Stir in 3 green onions, sliced thin diagonally. Serve with beef. Makes ½ cup sauce.

Nutrition info per serving: With 1 tablespoon sauce, 220 calories, 21 gm protein, 14 gm fat, 1 gm carbohydrates, 191 mg sodium, 60 mg cholesterol.

TWO MUSTARDS

Melt 2 tablespoons butter or margarine in medium skillet over medium-high heat. Add 3 tablespoons minced shallots and cook, stirring, until softened, about 2 minutes. Whisk in ¼ cup chicken broth and 2 teaspoons *each* Dijon and coarse-grain mustards until smooth. Bring to a boil and whisk in ½ cup heavy or whipping cream. Boil, stirring occasionally, until sauce is thickened, about 2 minutes. Stir in 1 tablespoon chopped fresh parsley, ¼ teaspoon freshly ground pepper and ⅛ teaspoon salt. Serve with beef. Makes ⅔ cup sauce.

Nutrition info per serving: With 2 tablespoons sauce, 325 calories, 22 gm protein, 25 gm fat, 2 gm carbohydrates, 278 mg sodium, 98 mg cholesterol.

MARINATED PEPPERS

In medium bowl combine 1 jar (7 oz.) roasted red peppers, drained and chopped fine, 1 tablespoon olive oil and 2 tablespoons chopped fresh parsley, 1 teaspoon *each* minced garlic and chopped fresh thyme and ¼ teaspoon *each* salt and freshly ground pepper. Let stand 10 minutes. Serve with beef. Makes 1 cup sauce.

Nutrition info per serving: With 2 tablespoons sauce, 240 calories, 21 gm protein, 16 gm fat, 2 gm carbohydrates, 144 mg sodium, 60 mg cholesterol.

BLUE-CHEESE BUTTER

Beat 2 ounces crumbled blue cheese, 2 tablespoons unsalted butter, 1 tablespoon snipped fresh chives and ¼ teaspoon freshly ground pepper in small bowl until smooth. Serve with beef. Makes ⅓ cup butter.

Nutrition info per serving: With 1 tablespoon butter, 285 calories, 23 gm protein, 20 gm fat, 0 gm carbohydrates, 202 mg sodium, 78 mg cholesterol.

MUSHROOM-BRANDY

Heat 1 tablespoon vegetable oil in large skillet over medium-high h
Add ½ pound mushrooms, quarte
and 1 shallot, minced; cook until
most all liquid is absorbed, about
5 minutes. Add ⅔ cup heavy or w
ping cream and 3 tablespoons bra
cook until slightly thickened, abo
minutes. Serve with beef. Makes
cups sauce.

Nutrition info per serving: With 2 tablespoons s
290 calories, 22 gm protein, 21 gm fat, 2 gm c
hydrates, 77 mg sodium, 82 mg cholesterol.

BÉARNAISE

Bring to boil 3 tablespoons *each* w
wine vinegar and dry white wine
small saucepan with 1 shallot, min
and 1½ teaspoons chopped fresh ta
gon or ½ teaspoon dried. Reduce
and simmer until reduced to 1 ta
spoon. Add 6 tablespoons butter
heat to boiling. Blend 2 egg yolk
blender until pale yellow. With
chine on, drizzle in butter drop
drop, then in a steady stream, u
mixture is combined. Transfer to t
double boiler and cook, stirring
stantly, until mixture thickens sli
ly. (Do not boil.) Serve with b
Makes ½ cup sauce.

Nutrition info per serving: With 2 tablespoons s
310 calories, 22 gm protein, 24 gm fat, 1 gm c
hydrates, 160 mg sodium, 137 mg cholesterol.

RED WINE AND HERB

Heat 1 tablespoon vegetable oi
small skillet over medium-high h
Add 1 shallot, minced; cook until
about 1 minute. Add ¼ cup *each* ch
en broth and dry red wine and 1
spoon chopped fresh thyme; cook u
reduced to 2 tablespoons. Remove f
heat and whisk in 2 tablespoons
butter, cubed, until slightly thicke
Stir in 1 tablespoon *each* min
chives and parsley. Serve with b
Makes ¼ cup sauce.

Nutrition info per serving: With 2 teaspoons
275 calories, 21 gm protein, 20 gm fat, 1 gm c
hydrates, 158 mg sodium, 71 mg cholesterol.

GREEN-PEPPERCORN

Melt 1 tablespoon butter or marga
in small skillet over medium-h
heat. Add 1 shallot, minced; cook,
ring, until softened, about 1 min
Add ¼ cup dry white wine; cook u
reduced to 2 tablespoons. Add ⅔
heavy or whipping cream and 2
spoons crushed green pepperco
cook until thickened, about 4 minu
Serve with beef. Makes ½ cup sau

Nutrition info per serving: With 1 tablespoon s
300 calories, 22 gm protein, 23 gm fat, 1 gm c
hydrates, 93 mg sodium, 91 mg cholesterol.

*Recipes developed by Kathy Jack
Lisa Brainerd and Carol Prager.*

You Want Soft, Chewy Chocolate Chip Cookies So Badly You Can Almost Taste It, Bite Out This Recipe and Start Baking.



The Ultimate Chocolate Chip Cookies

¾ cup Butter Flavor Crisco
1¼ cups firmly packed brown sugar
2 tbsps. milk
1 tbsp. vanilla
1 egg
1¾ cups all-purpose flour
1 tsp. salt
¾ tsp. baking soda
1 cup semi-sweet chocolate chips
1 cup pecan pieces

Heat oven to 375°F. Cream Butter Flavor Crisco, brown sugar, milk and vanilla in large bowl. Blend until creamy. Blend in egg. Combine flour, salt and baking soda. Add to creamed mixture, gradually. Stir in chocolate chips and nuts. Drop rounded *tablespoonfuls* (about 2 measuring tablespoons) of dough 3 inches apart on ungreased baking sheet. Bake at 375°F. 8 to 10 minutes for chewy cookies, 11 to 13 minutes for crisp cookies. Cool on baking sheet 2 minutes. Remove to cooling rack. Makes 3 dozen 3-inch cookies.

Butter Flavor Crisco. The Recipe for Success.

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the nutri-ditionalist



Who would've thought we'd forsake bacon and eggs for oat cuisine (the new breakfast of champions)? Give up steak and potatoes for pita pockets and poached salmon? America's new tradition in nutrition is the legacy of the eighties, and we'll keep on reaping the benefits in the coming decade. The new nutrition is here to stay: "As we look at trends, nutrition



BY ROBERTA L. DUYFF, M.S., R.D.

main a key factor in food
on," notes Marcia Cope-
lirector of the Betty Crock-
d and Publication Center.
le want to eat to win."
way we eat now is the
of state-of-the-art nutrition
edge. Although at times it
d we were bombarded with
nuch information in the
s, we managed to cope
new vocabulary (HDLs, LDLs, soluble fiber and monounsaturates), and we started to eat light. Experts told us to reduce saturated fats, and we've taken that advice to heart. Instead of wolfing down greasy burgers, we're loading up on complex carbohydrates (your mother called them starches) and filling up on fiber. Last but not least, we're exploiting our mineral rights: boning up on calcium to prevent osteoporosis and pumping iron to help stave off fatigue. We've even discovered the herbal essence of flavor to shake the salt habit.

So to get you ready for the end of the century, we propose the following six commandments of healthy eating for the nutri-ditionalist (we've created a host of incredible edibles that make it easy to obey).

Photos, Thom DeSanto; prop stylist, Debrah Donahue; food stylist, A.J. Battilarano.

Control your fats

Probably the most important change in the national diet came with the Surgeon General's report of 1988, which told us to cut back drastically on fats, especially saturated fats. The problem is, it's not easy to cut down on fats—it's what makes food taste good (see box below), and it's hidden in many prepared foods.

The good news is that you don't have to completely sacrifice the foods you love. Cheesecake shouldn't be in your daily vocabulary, but as an occasional splurge, it's fine.

Make trade-offs: plain low-fat yogurt on potatoes instead of sour cream, extra-lean beef instead of lean, bran cereal instead of fat-laden granola.

Read labels: Eat fewer products with *saturated* or *hydrogenated* fats, and tropical oils such as palm oil. Look for *polyunsaturated* and *monounsaturated* fats.

Choose lean meats and low-fat dairy foods as well as plenty of fruits, vegetables and grains.

Boost complex carbs

If we're going to reduce our intake of fats, just what should we eat instead? Forget about making up for excess fats with a high-protein diet—that's an idea of the past. You should up your intake of the body's best source of energy, complex carbohydrates, getting 50 to 60 percent of your total daily intake from these nutrients.

It's also a myth that carbohydrates are fattening—it's fat that's fattening. Ounce for ounce, carbohydrates contain about half the calories of fat. Refined sugar should take up no more than 10 percent of total daily intake. If you fill up on sugar, you'll be wasting calories better spent on complex carbs. Eat more whole-grain breads and cereals, pasta and rice and more fruits and vegetables. Try legumes (dried beans and peas) two or three times a week. Experiment with whole-grain side dishes, such as brown rice, barley bread, or cracked wheat.

Fill up on fiber

We thought all fiber was created equal at the start of the eighties. Later we learned that there are two types: soluble and insoluble. Both are indigestible parts of plants that have an essential role. *Insoluble fiber*, from whole grains and fruits and vegetables, is what we always called roughage: It helps move food and wastes through your digestive tract and may cut the risk of colon cancer. *Soluble fiber* is believed to help in reducing blood cholesterol, a major factor in heart disease. Don't expect soluble fiber to make up for a high-cholesterol diet, however. Soluble fiber in oat-bran muffins, for example, won't cancel out a bacon-and-egg breakfast.

Temper oat-bran-muffin mania: Watch where you get your muffins. Coffee-shop muffins can be loaded with fat, and there are no labels to tell you how much. Packaged muffins may not taste as good, but at least you can check the labels to make sure they're healthful.

Bone up on calcium

Americans became critically aware of the need for calcium in the eighties. Because people are living longer, we saw a rise in osteoporosis, a slow loss of bone that leaves bones more fragile. Up to age thirty-five or so, you can continue to deposit calcium and build bones. It's especially important to build up bones early, because after menopause, you lose bone.

New RDA: For many years, the recommended dietary calcium allowance for teenagers has been 1,200 milligrams; adults were thought to need just 800 milligrams. Some experts now urge adults to eat as much as teenagers to prevent bone loss.

Best sources: Dairy products—cially milk, cheese and yogur the best sources of calcium, an ting calcium from food is bette supplements.

Shake the salt habit

Simple table salt (sodium chloride essential nutrient, but most of u sume much more than we need. have high blood pressure or a history of the disorder, reducin might help you. The trouble is, sod a hidden component in many foo naturally present in celery, for ex which doesn't even taste salty. course, processed foods, condimen salty snacks have plenty.

Reeducate your taste buds a periment with spices and herbs hot pepper, chili powder, curr mustard or horseradish. Try the spices—cinnamon, nutmeg, al ginger—on poultry, fish, pork, even vegetables and salads. You for some pleasant surprises.

Pump up your iron

Although it hasn't received mu tention lately, iron deficiency is common than you think; it may weakness, fatigue, apathy and s tibility to infections. Dieters and tarians, kids and teens, and me ating and pregnant women are ularly vulnerable.

Even if you're healthy, your absorbs only about 10 percent iron you eat, so you should go aft best sources. Red meat happens the best, but since we're all try avoid fat, you must choose extra cuts. Fish and chicken are sources, but they only have ha amount in red meat. To boost a tion, eat vitamin C–rich foods wi ery meal to help your body absorb

Turn the page for recipes

Curb your fat tooth

Got a craving for ultrasweet foods? According to new research, it may be a hunger for fats that lures us to sugary high-cal snacks. Studies conducted by Adam Drewnowski, Ph.D., of the human nutrition program at the University of Michigan School of Public Health, suggest that when people judge a food to be sweet, they're often responding to a high fat content. For example, if you're tempted by chocolate, hidden fat may be the real lure.

Why do we like foods with fats? Fat makes meat juicy, peanut butter smooth, ice cream rich and pastry flaky. Foods having sugar and fat as main ingredients seem to be especially appealing. After age twelve, preference for sugar seems to decline, while fat consumption remains the same. Perhaps a fat tooth is responsible for the popularity of fries and chips among teens.

So trick your mind the next time your fat tooth tempts you. Make lean meats juicy by braising them in broth. Cut the fat by sharing your croissant with a friend. And satisfy your urge for a thick, creamy shake with a puree of fruit and yogurt instead.

Caution! Growing bodies at

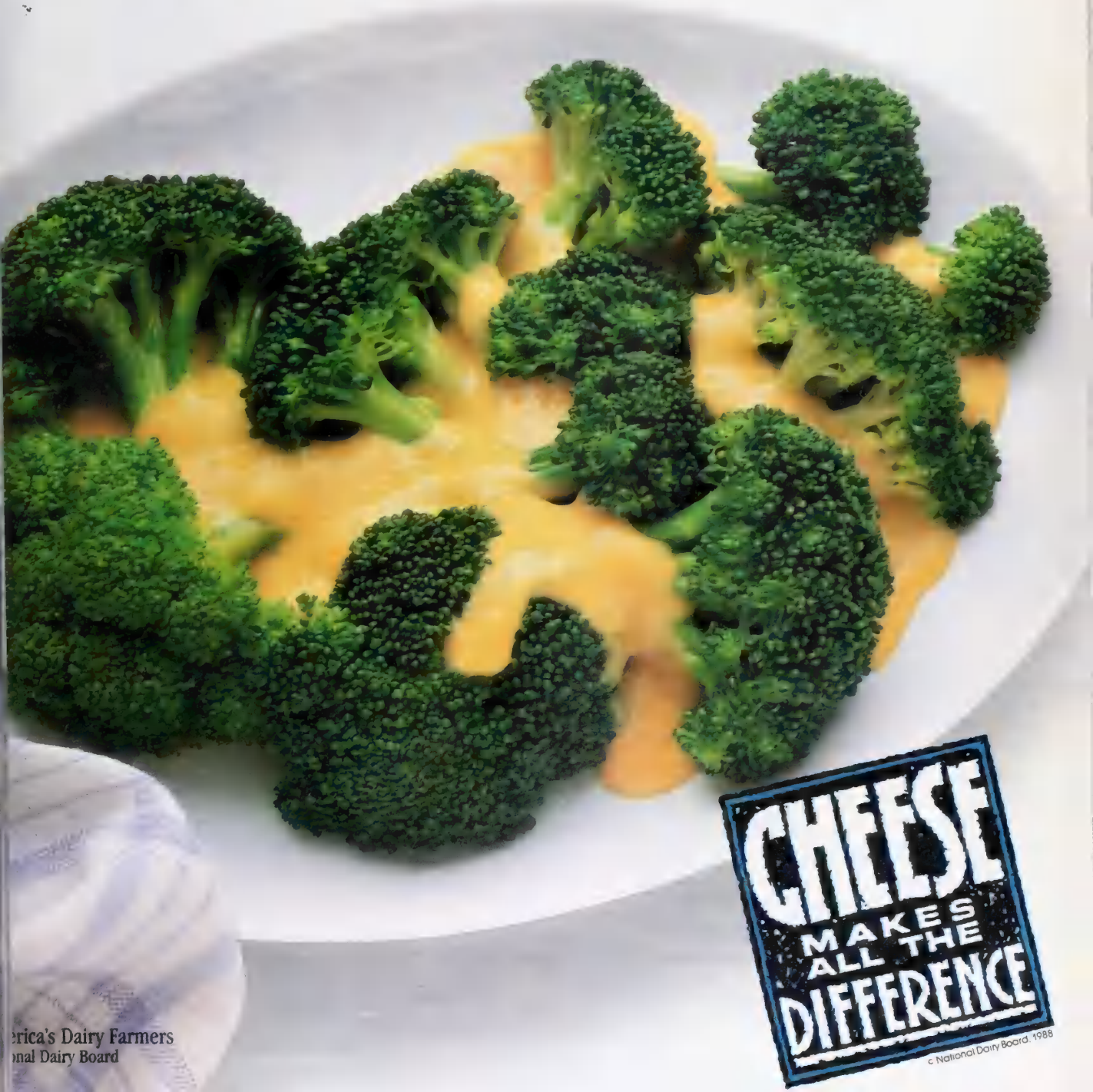
A number of kids have been describe an unexpected casualty of an adhe to strict diet guidelines. Some meaning parents have misguidedly duced their children's intake of fat calories. Youngsters need certain e tial fatty acids from animal foods proper growth. Because their bodies active, they need proportionally calories than adults do to stay hea Unless prescribed by a physician, place children on a low-cal, fat-rest diet; the recipes in this story are ok

HOW CHEDDAR CHEESE GIVES LAIN VEGETABLES A TASTE YOU'LL FANCY.

This bunch of broccoli was utterly uninspired, until a simple cheddar sauce melted your heart. How could something so easy make such a difference? Try this simple recipe and see!

MICROWAVE CHEDDAR SAUCE RECIPE

Heat 1 c. milk 2 minutes on medium high. Set aside. Melt 2 Tbs. butter 1 minute on high. Stir in 2 Tbs. flour, heat 1 minute more on high. Briskly stir in warm milk. Blend well. Cook on high 2½ minutes, or until boiling. Stir in 1 c. grated cheddar cheese. Blend well.



CHEESE MAKES ALL THE DIFFERENCE

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nal Dairy Board

c National Dairy Board, 1988

Easy · Challenging · Moderate · (M) Microwave

CHICKEN PECAN NUGGETS WITH MUSTARD SAUCE



Team with Gingered Squash and Jicama Salad for a low-sodium meal. Baking the chicken reduces fat, too.

Prep time: 15 minutes
Cooking time: 20 minutes

- 4 boneless, skinless chicken breast halves, cut into 1½-inch cubes
- ¼ cup all-purpose flour
- ¾ cup finely ground pecans
- ¾ cup dry bread crumbs
- 1 large egg
- 2 tablespoons Dijon mustard, divided
- Vegetable cooking spray
- ½ cup plain low-fat yogurt

Preheat oven to 350°F. Sprinkle chicken with flour. Mix pecans and bread crumbs in small bowl. Whisk egg with 1 tablespoon mustard in shallow bowl. Dip chicken into egg mixture, then roll in pecan crumbs. Coat 15x10½-inch baking pan with cooking spray. Bake chicken in pan 20 minutes.

Mix remaining 1 tablespoon mustard and yogurt in bowl. Serve as a dip for nuggets. Makes 4 servings.

Nutrition info per serving: 400 calories, 35 gm protein, 17 gm fat, 26 gm carbohydrates, 476 mg sodium, 124 mg cholesterol.

GINGERED SQUASH AND JICAMA SALAD

Spices, herbs and citrus are great salt substitutes. This crisp, smooth salad is bound with a creamy citrus dressing that is low in fat.

Prep time: 30 minutes plus chilling
Microwave time: 6 minutes

- 2 pounds butternut squash, peeled, quartered and sliced ¼ inch thick
- ¼ cup reduced-calorie mayonnaise
- 1 tablespoon orange-juice concentrate, thawed and undiluted
- ½ cup peeled and julienned jicama
- 5 green onions, chopped
- 2 teaspoons minced fresh ginger
- 2 teaspoons minced fresh cilantro
- ⅛ teaspoon freshly ground pepper

Place squash in a 9-inch square microwaveproof dish. Sprinkle w tablespoons water. Cover with p wrap, turning back one corner to Microwave on High 3 minutes; Turn and microwave 2 to 3 mi more, until squash is just fork-te Drain. Refrigerate about 30 minu

Blend mayonnaise with orange centrate in medium bowl. Add sq and remaining ingredients and t coat. Makes 4 servings.

Nutrition info per serving: 145 calories, 3 g tein, 4 gm fat, 28 gm carbohydrates, 122 mg 5 mg cholesterol.

BASIL PORK MEDALLIONS WITH ORANGE GLAZE



Meat is the best source of iron. Selec cuts such as pork loin, beef flank or chops. The vitamin C in the glaze you absorb iron from the meat.

Prep time: 10 minutes
Cooking time: 50 minutes



getable cooking spray
und pork tenderloin
lespoon chopped fresh basil
spoon freshly ground pepper
spoon minced garlic
spoon vegetable oil
reduced-sodium chicken broth
orange juice
spoons cornstarch
ange peel, for garnish

eat oven to 350°F. Coat 13x9-inch ing pan with cooking spray. Com- basil, pepper and garlic; press pork. Place in pan and bake 40 ites or until internal temperature nes 160°F. on meat thermometer. ove from pan and keep warm. ld oil to drippings in pan. Combine n and juice in bowl. Whisk in corn- h until smooth. Whisk mixture pan and cook over medium heat sauce boils and thickens, 2 min- Serve over sliced pork. Garnish peel. Makes 4 servings.

on info per serving: 165 calories, 24 gm , 4 gm fat, 5 gm carbohydrates, 143 mg , 74 mg cholesterol.

CH-PEPPER SLAW

crunchy salad boasts iron-rich spin- vitamin C–packed cabbage and pep- nd a spicy yogurt dressing.

prep time: 15 minutes

2 cups fresh spinach, sliced thin
1 cup shredded cabbage
1 red pepper, sliced thin
2 green onions, minced
1 small carrot, shredded
½ cup plain non-fat yogurt
2 teaspoons fresh lemon juice
½ teaspoon *each* cumin and celery seed
¼ teaspoon *each* salt and pepper

Place spinach, cabbage, red pepper, green onions and carrot in large bowl. Mix remaining ingredients in small bowl. Pour over salad and toss well. Serve immediately. Makes 4 servings.

Nutrition info per serving: 40 calories, 3 gm protein, 0 gm fat, 7 gm carbohydrates, 189 mg sodium, 1 mg cholesterol.

NO-BULGE CHILI POCKETS



This high-fiber vegetarian sandwich, with beans, whole-wheat pita and cheese, provides complete protein. The spicy filling can be reheated.

Prep time: 10 minutes
Cooking time: 15 minutes

2 tablespoons vegetable oil
1 small onion, chopped
1 cup chopped celery
1 large carrot, minced
1 green pepper, chopped
1 can (10 oz.) crushed tomatoes
1 tablespoon tomato paste
2 tablespoons chili powder
½ teaspoon cumin
¼ teaspoon cinnamon
¼ teaspoon ground bay leaf
Few drops red pepper sauce
1 can (15½ oz.) red kidney beans, rinsed and drained
4 whole-wheat pita breads, halved and toasted
½ cup shredded low-fat Monterey jack cheese
1 cup shredded lettuce

Combine oil, onion, celery, carrot and green pepper in large saucepan. Cook over medium-high heat until vegetables are tender-crisp, about 5 minutes. Add next 7 ingredients. Cover and simmer 10 minutes. Add kidney beans and heat through. Fill pitas with chili-bean mixture. Top with shredded cheese and lettuce. Makes 8 pockets.

Nutrition info per serving: 205 calories, 9 gm protein, 6 gm fat, 31 gm carbohydrates, 525 mg sodium, 5 mg cholesterol.

(continued)

DU A GORGEOUS HUNK.

SOUPED UP POT ROAST
3-3½ lb. pot roast (rump, chuck or round), 1 envelope Lipton® Onion, Beefy Onion, Beefy Mushroom, or Onion-Mushroom Soup Mix, 2¼ c. water

In Dutch oven, brown roast over medium heat. Add soup mix blended with water. Simmer covered, turning occasionally, 2½ hrs. or until tender. Thicken gravy. Serves 6. MICROWAVE: In 3-qt. casserole, blend soup mix with 1¼ c. water. Microwave at HIGH 5 min. Add roast; microwave uncovered 10 min., turning once. Microwave covered at DEFROST, turning occasionally, 50 min. or until tender. Let stand 10 min.



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NUTRITION
continued

APPLE-NUT OAT-BRAN MUFFINS



We've developed the perfect low-ch terol, high-fiber muffin. Add a gl orange juice and some skim milk satisfying, nutritious breakfast.

Prep time: 20 minutes
Cooking time: 25 to 30 minutes

- Vegetable cooking spray
- ¾ cup toasted oat bran
- ¾ cup all-purpose flour
- ½ cup whole-wheat flour
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- ¼ teaspoon salt
- 2 large egg whites, lightly beaten
- 1 cup apple sauce
- ½ cup plain low-fat yogurt
- 3 tablespoons vegetable oil
- 3 tablespoons honey
- 1 cup finely chopped apples
- ½ cup chopped pecans, toasted

Preheat oven to 400°F. Coat twel inch muffin-pan cups with coo spray. Combine next 8 ingredient large bowl. Combine egg whites, a sauce, yogurt, oil and honey in ano bowl. Add to flour mixture and just until moistened. Fold in ap and pecans. Pour batter into m cups. Bake 30 minutes or until to pick inserted in center comes clean. Makes 1 dozen.

Nutrition info per serving: 175 calories, 4 gm tein, 7 gm fat, 24 gm carbohydrates, 167 mg so 1 mg cholesterol.

CHOCOLATE MOCHA CHEESECAKE WITH RASPBERRY SWIRL



Low-fat dairy products, unsweete cocoa and reduced sugar let this ch holic's dream cheesecake (contin

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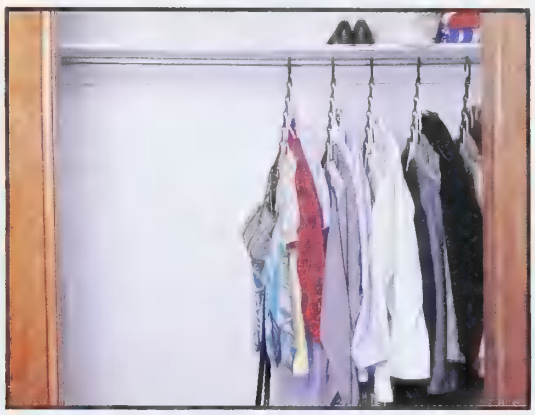
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AGV, INC 1989, (2169)

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500 THIRD PRIZES: Ena Baxter's treasured "Scottish Cookbook."

CONTEST RULES

1. All recipes must use a Baxter Soup (any variety). Type or print recipe o of plain white paper. Recipe must be accompanied by official entry blar one entry per person. Please print name and address on recipe.
2. Recipes must list ingredients with specific quantities in order of use, fol complete instructions and number of servings.
3. Baxters reserves the right to adjust or edit recipes and use them in futu publications. Entries cannot be acknowledged or returned. All recipes the property of Baxters.
4. Entries must be postmarked no later than January 31, 1990. Winners w notified no later than April 30, 1990.
5. Entries must be the original recipes of contestants. Recipes will be judg taste, imagination, visual appeal and dependability. The decision of th final.
6. All prizes will be awarded. No more than 1 prize will be given to any en Prizes cannot be transferred or exchanged. No cash substitutions will b Taxes, if any, are the responsibility of winners. GRAND PRIZE: Roundt to Scotland for 2. Winners will start out as the personal guest of the Ba at Speyside and given $1000 for independent travel. Airline ticket is val to 21 day stay. Vacation must be taken between June 1 and Dec. 31, 19 30 SECOND PRIZES: Royal Doulton 4 1/2 pint octagonal casserole wi Valuable intricately decorated fine china. 500 THIRD PRIZES: A copy Baxter's 92-page "Scottish Cookbook".
7. For a complete list of winners, enclose a self-addressed, stamped busin envelope with entry.
8. This contest is subject to all federal, state and local laws and regulation where prohibited by law. You must be 18 to enter. Employees and famil Baxters, its distributors, advertising and promotional agencies are not

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To be signed by contestant: The recipe submitted is original and I own all It is solely my own work and has never been entered in any contest or prev published. I hereby grant permission for its usage by Baxters.

Signature _____

TRAVEL JOURNAL

SAN DIEGO COUNTY: DESERT TO STARS

u plan a visit to San Diego, try to some time to explore the sur-ding area. The city itself, or near-ulian, a former gold-mining town, oe the base for numerous day trips ugh spectacular scenery, ranging the coastal mountains to the soul-ning solitude of the desert.

ghway 78, north out of San Diego, enic route in itself, is the starting for trips to the Palomar Observa-(which holds the largest telescope merica) and to the Anza-Borrego rt, which contains warm and hot gs and Indian pictographs. Stop at iny town of Santa Ysabel, where on day (except Monday or Tuesday) can line up with the locals to sam-he delicious jalapeño and Cheddar s at Dudley's Bakery.

om Santa Ysabel, you'll either nue on 78 to Julian, or turn onto e 79, heading for Palomar Moun-Once you reach the base of the ntain, you have the choice of two s, S-6 or S-7, both with breath-ng views, to take you to the top. n some spots on the roads, you can ls far away as the ocean, where, in fternoon, the sun's reflection is molten gold. At the observatory, e's no charge to see the giant Hale cope, which may be visited from to four. Even though you'll be g it at rest rather than work, it's an awesome sight, with an awe-range. You can see the most dis-known objects in the universe, of them more than ten billion -years away. Nearby, a free muse-presents a brief survey of modern nomy using photographs and vid-f you feel like a walk, take the vatory trail. (An excellent guide is and other hikes in the area is *and Afield in San Diego County* erry Schad.)

e little town of Julian is also in nountains. The gold-mining boom began there in 1870 is long since but some survivals of the era re-—the Eagle Mining Company Mine and Museum and the Ju-Hotel. The hotel, which is on the nal Register of Historic Places, established in 1887 by a former , Albert Robinson, and his wife, aret Tull, both fine cooks, who earlier opened a small restaurant. red to Victorian warmth and rt, the hotel now offers bed and fast at rates ranging upward from $60 for a double on weeknights and $78 on weekends. Reservations must be made well in advance (619-765-0201). (The other hotels and guest houses in town also tend to fill up early.) Other attractions in Julian include a cider mill (which also sells nuts, honey and bees) and a local historical museum. For further information about the town, call the Julian Chamber of Commerce, 619-439-2535.

From Julian, either of two splendidly scenic drives will carry you to the Anza-Borrego Desert State Park. Route 79 is also known as the Sunrise Highway because, winding along the eastern face of the mountains, you can watch the sun rise over the desert below. A few miles down 79 you can pick up S-1 into the desert, or you can continue to the end of 79 and take Highway 80 heading east.

Or follow Route 78, which winds down through the mountains out of Julian, and take S-2 through the desert—a very beautiful drive after a spring rain when the cacti are in bloom. (In summer, temperatures reach at least 120° in the shade—and there isn't much shade. At any time of year, be sure to bring plenty of water with you.) Agua Caliente County Park, located at the base of the Tierra Blanca Mountains, with the Sawtooth Mountains, pale pink and purple, in the distance, is a welcome oasis.

Near the entrance to the park is a small general store, which carries little in the way of food but numerous books about the area and a map that will guide you to nearby Indian pictographs. For a $2 parking fee, you can soak to your heart's content in a shallow open-air pool of 96° spring water, or, if you like your water hotter, in the 102°, 8,500-gallon Jacuzzi, which is indoors. Both pools are open from ten A.M. till four P.M.; the Jacuzzi is closed one day a week.

Continuing south from Agua Caliente, you'll find, to the east, the striking Carizzo Badlands, which stretch out for miles, rimmed by the Vallecito Mountains.

You'll have your first chance for a restaurant meal since Julian in Ocotillo, a town of only a few hundred people, where at Chucky's Cafe-Truck Stop, specials like grilled burritos or stew on noodles with biscuit cost about $2.50. Chucky's decor features a tremendous number of signs and slogans (like "My cow is dead. I don't need your bull."). At Ocotillo, you'll pick up Highway 80, which will carry you through rugged rock-covered mountains to San Diego.

For more information you can call the Chamber of Commerce at 619-232-0124. —KATHRYN PAULSEN



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...Robert Hersey

the Danbury Mint

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A numbered limited edition collector plate trimmed in 23kt gold.

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CVP

Reply by December 31, 1989 28

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Please accept my reservation for **"The Old Mill"** as described in this announcement. I wish to reserve _____ (1 or 2) plate(s) at $24.95 (plus $2.95 shipping and handling—total $27.90*) each payable in U.S. funds. Check One.

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Allow 8 to 12 weeks for shipment.
*Conn. residents pay $30.13 and Tenn. residents pay $30.06 per plate to include sales tax.
All orders subject to acceptance.

NUTRITION
continued

weigh in at 200 calories per slice.

Prep time: [illegible] minutes plus chilling
Baking time: 1 hour

Vegetable cooking spray
[illegible] tablespoons chocolate wafer crumbs
3 packages (8 oz. each) light cream cheese
⅔ cup sugar
3 tablespoons coffee-flavor liqueur
¼ cup unsweetened cocoa powder
1 tablespoon flour
3 large eggs
1 cup reduced-fat sour cream
2 tablespoons granulated sugar
1 teaspoon vanilla extract
½ cup frozen unsweetened raspberries, thawed

Preheat oven to 350°F. Coat bottom of 8-inch springform pan with cooking spray. Cover with wafer crumbs.

Combine light cream cheese, sugar, liqueur, cocoa and flour in mixer bowl or food processor; blend until smooth. Add eggs one at a time, blending well after each addition. Pour over crumbs. Bake 45 to 50 minutes, until center is set. Cool on wire rack 10 minutes.

Increase heat to 400°F. Blend sour cream and vanilla. Spread over top of warm cheesecake. Bake 5 to 7 minutes more, until set. Cool, then cover and refrigerate 4 hours or overnight.

Puree raspberries in blender or food processor. Strain through fine sieve. Pour into heavy-duty plastic storage bag; snip off one end. Pipe thin stream of puree in swirl pattern on top of cheesecake. Makes 16 servings.

The trash to treasure contest—official rules
as seen on page 188

All entrants must send a color photograph of original artwork to Recycle America's Trash to Treasure Contest, c/o Waste Management, Inc., P.O. Box 11205, Chicago, IL 60611. Twenty finalists will be asked to send their original artwork so keep the size to 2 × 2 ft.

1. Entries must be postmarked no later than November 30 and received by December 7, 1989. *Ladies' Home Journal* and Waste Management, Inc., are not responsible for late, lost or misdirected mail. Winners will be notified on or about January 31, 1990. Upon entry, all original works of art become the property of Meredith Corporation and Waste Management, Inc., and the use of them is within the sole determination of *Ladies' Home Journal* and Waste Management, Inc.

2. Before final judging, parents or guardians of finalists will be asked to sign an affadavit regarding entrant's eligibility in the contest.

3. No statement, artwork or photographs previously submitted for publication or formerly published may be entered.

4. Entries must include name, age, address and phone number of entrant and parent or guardian's name and daytime telephone number and cannot be acknowledged or returned.

5. No calls or correspondence will be entered into regarding contest.

6. Entries will be judged on age of entrant, creativity and the variety and form of plastic, paper and aluminum materials used.

7. Final judging will be done by Waste Management and a panel of editors at *Ladies' Home Journal*. All decisions of the judges are final.

8. Absolutely no substitutions in prizes will be allowed.

9. Liability for federal, state or other taxes will be the sole responsibility of the winners. This contest is subject to all federal, state and local laws and is void where prohibited by law.

10. Winners must consent to the use of their names and artwork in connection with the contest in future issues of *Ladies' Home Journal* and in all media for public relations, advertising and/or trade purposes for *Ladies' Home Journal* and Waste Management, Inc.

11. For a list of the winners, send your request plus a #10 (business-size) stamped, self-addressed envelope after January 31, 1990, to "Winners," Trash to Treasure Art Contest, c/o Waste Management, Inc., P.O. Box 11205, Chicago, IL 60611.

Nutrition info per serving: 205 calories, 7 gm protein, 13 gm fat, 16 gm carbohydrates, 205 mg sodium, 81 mg cholesterol.

CREAMY FISH CHOWDER

pictured on page 263

You should eat fish several times a week to get low-fat protein and a calcium boost. If you use frozen fish, don't thaw—just add to the broth and cook 10 to 15 minutes more.

Prep time: 15 minutes
Cooking time: 35 minutes

2 tablespoons butter or margarine
1 cup thinly sliced onions
3 tablespoons flour
1½ cups water
1 cup peeled, cubed (½-in.) potatoes
½ cup coarsely chopped celery
¼ cup chopped green pepper
1 bay leaf
½ teaspoon salt
⅛ teaspoon freshly ground pepper
2 cups low-fat milk
1¼ pounds white fish fillets
1 tablespoon chopped parsley

Garlic Croutons
2 slices white bread
1 garlic clove

Heat butter in saucepan over medium heat; add onions and cook until translucent, 5 minutes. Remove from heat, stir in flour and cook, stirring, 1 minute. Gradually stir in water. Add next 6 ingredients; simmer uncovered over medium heat, stirring occasionally, until potatoes are tender, about minutes. Remove from heat. Grad stir in milk; return to medium heat and bring to simmer. Add cook until fish breaks apart, 5 mi (do not boil). Serve with parsley Garlic Croutons. Makes 6 serving

Garlic Croutons: Toast 2 slices b Halve garlic clove and rub cut si toast. Cut toast into cubes.

Nutrition info per serving: 285 calories, protein, 12 gm fat, 19 gm carbohydrates, 3 sodium, 77 mg cholesterol.

CRANBERRY-CANTALOUPE SHAKE

pictured on page 262

This shake has half the calories gurt yet is more satisfying beca helps to quell the fat tooth.

Total prep time: 5 minutes

½ medium cantaloupe, diced, chilled (3 c
½ cup skim milk
¼ cup cranberry juice concentrate, undilut
½ cup vanilla low-fat yogurt
Pinch nutmeg (optional)
Cantaloupe chunks, for garnish

Combine melon, milk, cranberry concentrate and yogurt in blend food processor; puree about 30 sec Pour into tall glasses and spr with nutmeg. Makes 4 servings.

Nutrition info per serving: 120 calories, 3 g tein, 1 gm fat, 27 gm carbohydrates, 47 mg 2 mg cholesterol.

Roberta Duyff is a food and nut consultant who lives in St. Louis.

Journal Shopping Center

BEAUTY AND FASHION JOURNAL
Page 39: Top row, from left—Phil Loftus/LFI, Tony Esparza, T. Graham/Sygma, Jim Bennett/Globe Photos, T. Graham/Sygma. Middle row, from left—K. Mazur/LFI, Robin Platzer, N. Tully/Sygma, B. Rheims/Sygma. Bottom row, clockwise from left—T. Graham/Sygma, Duncan Raban/LFI, Globe Photos, Trapper/Sygma, Gamma-Liaison, T. Graham/Sygma.
LAST LOOK
Page 47: Gamma Liaison. **Page 48:** All photos, Outline, except top, Gamma-Liaison; middle right, Ruben Perez/Sygma. **Page 50:** Clockwise from top left—Joe McNally/Sygma, Andrew Holbrooke/Black Star, Four By Five, Douglas Kirkland/Sygma, D. Simon/Gamma Liaison. **Page 52:** Clockwise from top left—Fabian/Sygma, Thomas Kriegsmann/Sygma, Globe, Jeff Slocomb/Outline, H. Newton/Sygma, Nancy Pierce/Black Star, P. Perrin/Sygma. **Page 54:** Clockwise from top right—Christopher Morris/Black Star, Charlyn Zlotnik/Woodfin Camp, Grace/Sygma, Anthony Swan/Black Star, Larry Downing/Woodfin Camp.
FUTURE PERFECT
Pages 226-234: Herman kitchen—table setting, Settings of Short Hills, 545 Millburn Ave., Short Hills, NJ, 201-379-5592; flowers, South Pacific Flower Co., 34 South Livingston Ave., Livingston, NJ, 201-740-9404; Frozen Moments by Hearts, Short Hills, NJ, 201-467-3937. Porch—floral pillows, ABC New York, 888 Broadway, 10003, 212-473-3000; ficus trees, Windsor Florist, 1118 Lexington Ave., NY, 212-734-4540. Atkinson kitchen—Carole Atkinson Interiors, Short Hills, NJ 07078. Exercise room—Precor Fitness Climber #GPE718 & Precor Ex Rower #GPE625 available through Sharper Image, 800-344-4444. Bath—Regency Stripe towels in apricot and jade & Windsor Rose towels in apricot available at Laura Ashley, 800-223-6917; sage and peach towels, Yves Delorme for Palais Royal; striped bath sheet, ABC New York, 888 Broadway, 10003, 212-473-3000; soaps, sprays and puffs available at all Caswell-Massey stores; bath gels and loofahs available at all Crabtree and Evelyn stores.
GOODBYE '80S, HELLO '90S
Pages 236-237: Top left, Nesti Mendoza; model Alison Houtte of Name; wedding gown, Kleinfeld's, Brooklyn, NY; shoes, Giorgio Armani; earrings and necklace, H. Stern; maternity dress, Laura Ashley; earrings, H. Stern; shoes, Papagallo; hosiery, Hanes. Bottom left, Harry Langdon. Right, Tohru Nakamura. Top right, Ross Whitaker. Bottom right—Nesti Mendoza; model, Melanie Kremser of Click; jacket and tank, Kiko; hat, Hat Attack; sunglasses, Morgenthal-Frederics Opticians, NY. **Pages 238-239:** Top left—Tohru Nakamura; orange shirt and pants, Kenzo; belt, Johnny Farah at Showroom Seven; sunglasses, Alain Mikli at Morgenthal-Frederics Opticians, NY. Middle left—Nesti Mendoza; model, Alison Houtte of Name; black dress, Kalinka; glasses, LA Eyeworks at Morgenthal-Frederics Opticians, NY; scarf, Echo. Middle, Images. Bottom left—Nesti Mendoza; model, Melanie Kremser of Click; jacket, Ralph Lauren; T-shirt, Hanes. Top right, Ross Whitaker. Top middle right and bottom right, Tony Kent. Middle right, Nesti Mendoza; model Melanie Kremser of Click. Bottom and far right, Tohru Nakamura. **Pages 240-241:** Top left, Nesti Mendoza. Bottom left—Nesti Mendoza; model, Melanie Kremser of Click. Middle far right and top—Nesti Mendoza; blouse, Equipment; vest, pants, shoes, coat, Joan Vass, NY; gloves, La Bagagerie; bag, Doppia Vita; earrings, Eric Beamon at Showroom Seven; watch, Timex; square, Debra Moises; hosiery, Hanes. Right—sweater, N Bottom right, Tohru Nakamura. Bottom far right—Nesti M model, Kirsten of Next; suit, Emanuelle Khanh Paris; tank, Heisel; scarf, Echo; gloves, La Bagagerie; bag, Joan and Leathers; earrings, Eric Beamon at Showroom Seven; shoes, Danaud; hosiery, Hanes.
THE FACE OF THE DECADE
Pages 242-243: From left—(Michele) jacket and b DKNY; T-shirt, Hanes; watch, Timex; sunglasses, Morgenth derics Opticians, NYC; bag, British Khaki; necklaces, C Rybakoff; all makeup, Ultima II (Brush-On Foundation Translucent Face Powder with moisturizers in Light No. 1 Bronze Translucent Blush, Double Shots EyeColor in Hokey Double Shots Mascara in Flip-Flop, Double Effects Eye De Soft Brown/Brown Frost, Super Luscious LipLiner in Ch Double Shots LipColor in Doo-Dad). Evelyn—jacket and b DKNY; gloves, Naomi Misle; watch, Mishon Mishon; all m Revlon (New Complexion Loose Powder in Translucent Bei Complexion Loose Powder in Translucent Light, New Com makeup in Cameo Beige, Air Blush in Bronze Mist, Custo Shadow Duos in Beaches, Powder Pencil for Lids and B Sandbar, SuperLustrous SmudgeProof Mascara in Black Ca Waterproof Lip Shaper in Nude-Tones, SuperLustrous Lip Sante Fe Sand). Judy—blouse and coat, Basco Collection; al up, Max Factor (Whipped Creme Fluid Makeup in Cool 2, Bar, Lip Definer in Red Amber, Moisture Rich Lipstick wood, Satin Shadow in Cafe Au Lait and Champagne, Fe lend Kohliner in Espresso, Some Color Mascara in Some Rosewater Blush, Brush and Brow Eyebrow Color in Smoke **Pages 244-245:** From left—(Gail) blazer, Loretta Di L imported by Euro-Trade USA, Ltd.; earrings and bracelet, Rybakoff; pins, Mario Salvucci; all makeup, Maybelline (Liquid Cover Flawless Concealer in Medium, new Satin Com Pressed Powder in Toasted Beige, Plush Brush Loose Powde in Snowberry, new Brow and Lash Groomer, new Performin Eye Pencil in Azure, Expert Eyes Trio Eye Shadow Kit i Float, Expert Eyes Mascara with the Double Brush Sy Black, Slim Elegance Lipstick in Venetian Violet, Precis Liner in Mauve). Cecilia—sweater, Donna Karan; earri ring, Cynthia Rybakoff; all makeup, Merle Norman (Liqui up in Champagne Beige, Sheer Translucent Face Powder, mance Lipstick in Adobe Red, Trimline Lip Pencil in Creamy Flo-Matic Mascara in Black, Dual Performing Eye in Topaz, Trimline Eye Pencil in Goldspice, Sheer Powder in New Copper). Beverly—jacket and bodysuit, Donna K makeup, Cover Girl (MoistureWear Cream Make-Up in So MoistureWear Perfecting Pressed Powder in Soft Ivory tureWear All-Day Blush in Crystal Claret, Soft Radiant Color Eye Definer in Soft Cocoa, Soft Radiants Silky Matt ows in Soft Sunny Woods, Marathon Mascara in Black, Con Color Lipstick in Rose-silk).
MICROWAVE ENTERTAINING
Pages 273-280: Lazeryas plates and demitasse cups and "Limoges" pattern, glass salad platter, glasses and napkin McIntosh at Henri Bendel, 10 W. 57th St., NYC 10019.

Create your own masterpieces... only with fresh, moist Baker's® Coconut and fresh, natural Dole™ Almonds.

DESIGNER Originals

Almond Macaroon Brownies

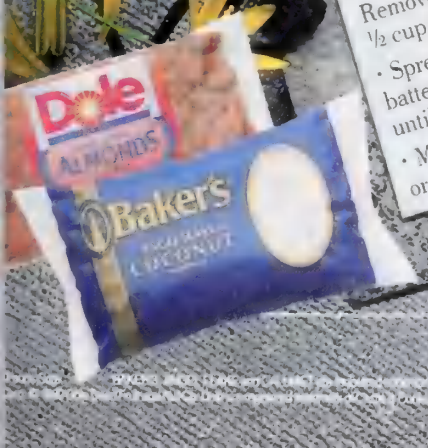
1 pkg. (3 oz.) cream cheese, softened
6 Tbsps. butter or margarine
¾ cup sugar
3 eggs
½ cup plus 1 Tbsp. all-purpose flour
1⅔ cups BAKER'S® ANGEL FLAKE® Coconut
1 cup DOLE™ Whole Natural Almonds
6 squares BAKER'S® Semi-Sweet Chocolate
½ tsp. vanilla
½ tsp. CALUMET® Baking Powder
¼ tsp. salt

• Beat cream cheese and 2 Tbsps. butter until softened; beat in ⅓ cup sugar. Stir in 1 egg, 1 Tbsp. flour, and coconut. Reserve 16 almonds for garnish; chop remaining. Stir in ⅓ cup of the chopped almonds. Set aside.

• Stir 5 squares chocolate and remaining butter over low heat until melted. Remove from heat; stir in ½ cup sugar and vanilla. Beat in 2 eggs. Stir in ½ cup flour, baking powder and salt. Add remaining chopped almonds.

• Spread chocolate batter in greased 8-inch square pan. Spread cheese batter on top. Garnish with whole almonds. Bake at 350° F for 40 minutes or until cake tester inserted in center comes out almost clean. (Don't overbake.)

• Melt remaining chocolate, drizzle over brownies. Cool in pan. Cut into bars or squares. Makes about 16 brownies.



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Sample our elegant appetizers, Thanksgiving side dishes and party starters created for the microwave—the up-to-the-minute way to handle holiday guests with ease. By Marcia Cone and Thelma Snyder

MICROWAVE entertaining

STEAMED ARTICHOKES WITH HERB MAYONNAISE

Prep time: 10 minutes plus chilling
Microwave time: 10 minutes

- 1 lemon, halved crosswise
- 4 medium artichokes (6 oz. each), stems removed and leaves trimmed
- ¼ cup water

Basil Mayonnaise
- ½ cup good-quality mayonnaise
- 2 teaspoons lemon juice
- ½ cup chopped fresh basil

Cilantro Mayonnaise
- ½ cup good-quality mayonnaise
- 2 teaspoons lime juice
- ½ cup chopped fresh cilantro

Cut 1 lemon half in quarters; reserve other half. Rub each artichoke with cut side of lemon quarter. Place in 8-inch square microwaveproof dish. Add water. Cover with plastic wrap, turning back one section to vent. Microwave on High 10 minutes, rotating dish once, until tender. Let stand covered 3 minutes. Chill artichokes.

To serve, cut reserved lemon half into 4 slices. Place each artichoke on a serving plate. Serve with lemon and desired mayonnaise. Makes 4 servings.

Mayonnaise: Combine all ingredients in bowl and chill until serving time. Makes ¾ cup each.

Nutrition info per serving: 240 calories, 2 gm protein, 22 gm fat, 10 gm carbohydrates, 212 mg sodium, 16 mg cholesterol.





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HIDDEN VALLEY RANCH OYSTER CRACKERS

12-16 oz. plain oyster crackers
1 pkg. Hidden Valley Ranch® Buttermilk Recipe Original Ranch Salad Dressing Mix
¼ tsp. lemon pepper
½-1 tsp. dill weed
¼ tsp. garlic powder
¾-1 cup salad oil

Combine Hidden Valley Ranch mix and oil; add dill weed, garlic powder and lemon pepper. Pour over crackers, stir to coat. Place in warm oven for 15-20 minutes.

HIDDEN VALLEY RANCH BUFFALO WINGS

24 chicken wings/drummettes ½ cup melted butter
¼ cup hot pepper sauce (less if desired) 3 tbs. vinegar
2 pkgs. Hidden Valley Ranch® Milk Recipe Original Ranch Salad Dressing Mix
½ tsp. paprika Celery sticks

Preheat oven to 350°. Dip chicken in mixture of melted butter, pepper sauce and vinegar; put in baking pan. Sprinkle with 1 package dry dressing mix. Bake 25-30 minutes or until browned. Sprinkle with paprika. Serve with celery sticks and prepared Hidden Valley Ranch Salad Dressing as dip.



HIDDEN VALLEY RANCH SPICY APPLE DIP

1 cup prepared Hidden Valley Ranch® Milk Recipe Original Ranch® Salad Dressing Mix
1 cup grated or chopped tart apples
1 Tbs. horseradish
1 tsp. lemon juice
½ tsp. pumpkin or apple pie spice
Apple slices, broccoli, for dipping

Mix all ingredients. Spoon into serving bowl. Cover and chill at least one hour. (Toss apple slices with additional lemon juice to avoid discoloring.) Makes about 2 cups.

HIDDEN VALLEY RANCH QUESADILLAS

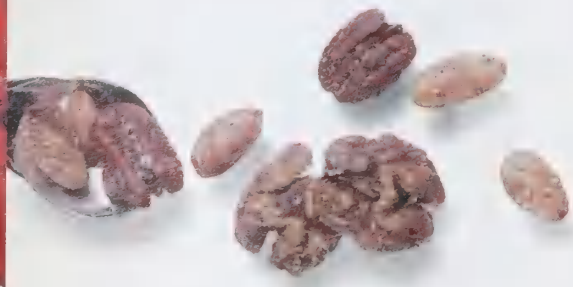
1 pkg. Hidden Valley Ranch® Milk Recipe Original Ranch® Salad Dressing Mix
¾ cup mayonnaise ⅓ cup milk
⅓ cup chunky salsa
3 cups shredded Monterey Jack cheese
10 (10-inch) flour tortillas vegetable oil

Blend together the first 5 ingredients. Refrigerate 1 hour. Spread mixture over 5 tortillas, covering with remaining tortillas. Brush tops with oil. On a baking sheet, broil until golden (1 minute). Turn, repeat process. Broil until cheese is melted. Cut each into 8 wedges.

SPICED NUTS

Prep time: 5 minutes
Microwave time: 4 to 5 minutes

- 1 tablespoon butter or margarine
- 1½ teaspoons red pepper sauce
- ¼ teaspoon cinnamon
- Pinch ground cloves
- Pinch garlic powder
- 2 cups shelled whole pecans, almonds or walnuts
- ½ teaspoon coarse or kosher salt
- 1 teaspoon sugar



Place butter in 2-quart, 12x7½-inch microwaveproof dish. Microwave on High 30 seconds to 1 minute or until melted. Stir in pepper sauce, cinnamon, cloves and garlic powder. Stir in nuts, coating well. Microwave uncovered on High 4 to 5 minutes, stirring halfway through, until heated through. Sprinkle with salt and sugar and cool completely. Makes 2 cups.

Nutrition info per tablespoon: 50 calories, 1 gm protein, 5 gm fat, 1 gm carbohydrates, 33 mg sodium, 1 mg cholesterol.

HOT SPICED CIDER

Prep time: 10 minutes
Microwave time: 14 to 16 minutes

- 2 quarts apple cider
- ¼ cup firmly packed brown sugar
- 2 lemons, each studded with 4 cloves, sliced
- 2 oranges, each studded with 4 cloves, sliced
- 2 cinnamon sticks
- 2 cups golden rum

Combine all ingredients except rum in 4-quart glass microwaveproof bowl. Cover with wax paper. Microwave on High 14 to 16 minutes. Pour rum into punch bowl, then stir in hot apple cider mixture. Makes twenty ½-cup servings.

Nutrition info per serving: 115 calories, 0 gm protein, 0 gm fat, 18 gm carbohydrates, 5 mg sodium, 0 mg cholesterol.

SPICY SHRIMP

Prep time: 10 minutes
Microwave time: 7 to 8 minutes

- ¼ cup butter
- 2 garlic cloves, minced
- ½ cup dry white wine
- 1 tablespoon lemon juice
- 1 teaspoon Worcestershire sauce
- ½ teaspoon salt
- ½ teaspoon crushed red pepper flakes
- ½ teaspoon dried thyme
- ¼ teaspoon ground red pepper
- 1½ pounds medium shrimp, rinsed
- ¼ cup chopped fresh parsley

Combine butter and garlic in 2-quart round microwaveproof casserole. Microwave on High 1 to 2 minutes, until butter is melted. Add wine and microwave on High 2 to 3 minutes, until boiling.

Add remaining ingredients except parsley. Stir to coat shrimp. Push shrimp to outer rim of dish, leaving center open. Cover with lid or plastic



wrap, turning back one section to vent, and microwave on High 3 minutes, until shrimp turn pink. Let stand covered 2 minutes.

To serve, divide shrimp and juices among 6 bowls. Sprinkle with parsley. Makes 6 servings.

Nutrition info per serving: 170 calories, 19 gm protein, 9 gm fat, 2 gm carbohydrates, 409 mg sodium, 161 mg cholesterol. ▶

MICRO-TIPS

FOR EASY HOLIDAY COOKING

■ Fast gravy: Make paste of 3 tablespoons flour and ¼ cup water in 4-cup glass measure. Stir in 2 cups turkey or chicken broth and drippings until smooth. Microwave on High 5 minutes, stirring twice.

■ Shell nuts in a snap: In a 4-cup glass measure combine 2 cups nuts with ¼ cup water. Cover with plastic wrap; vent. Drain, dry and crack.

■ Reheat casseroles: For a 6- to 8-cup casserole that can be stirred (like mashed potatoes), microwave on High 8 to 10 minutes, stirring once. For a 6- to 8-cup casserole that can't be stirred, cover with plastic wrap; vent. Microwave on Medium 15 minutes, turning once.





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CORN SPOON BREAD

Prep time: 5 minutes plus standing
Microwave time: 12 to 13 minutes ○

- 3 tablespoons butter or margarine, melted
- 1½ cups milk
- 1 cup frozen whole-kernel corn, thawed
- ½ cup yellow cornmeal
- 1 teaspoon sugar
- ½ teaspoon salt



- ⅛ teaspoon ground red pepper
- 3 large eggs, beaten

Combine all ingredients except beaten eggs in 2-quart microwaveproof casserole. Cover with wax paper and microwave on High 3 minutes; stir well. Microwave covered 3 to 3½ minutes more, stirring every minute, until almost all liquid is absorbed.

Stir in ½ cup corn mixture into eggs. Slowly stir back into remaining mixture. Cover with wax paper and microwave on Medium (50% power) 2 minutes; stir. Microwave covered on Medium 2 minutes more; stir. Smooth top and microwave covered on Medium 1½ to 2 minutes, until set. Let stand covered until ready to serve. Makes 4 servings.

Nutrition info per serving: 290 calories, 10 gm protein, 16 gm fat, 28 gm carbohydrates, 455 mg sodium, 195 mg cholesterol.

APPLE-WALNUT SALAD

Prep time: 10 minutes ○
Microwave time: 30 to 40 seconds

- 12 cups torn salad greens (romaine or spinach)
- 3 large crisp apples (Cortland, Macoun or Granny Smith), quartered and sliced thin
- 1 cup coarsely chopped walnut pieces

Maple Dressing

- 3 tablespoons walnut oil
- 2 tablespoons olive oil
- 2 tablespoons white wine vinegar
- 1 tablespoon maple syrup
- 1 teaspoon Dijon mustard
- ⅛ teaspoon salt
- Pinch freshly ground pepper

Combine greens, apples and walnuts in large salad bowl. Refrigerate until ready to serve.

Maple Dressing: Place all ingredients in 1-cup microwaveproof measure. Microwave on High 30 to 40 seconds, until warm but not boiling. Whisk to mix well.

Toss dressing with greens, apples and walnuts. Makes 6 servings.

Nutrition info per serving: 310 calories, 5 gm protein, 24 gm fat, 22 gm carbohydrates, 82 mg sodium, 0 mg cholesterol.

PUMPKIN BREAD

Prep time: 25 minutes plus standing
Microwave time: 8 to 9 minutes ○

- ½ cup yellow cornmeal
- ½ cup whole-wheat flour
- ½ cup all-purpose flour
- ½ teaspoon salt
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon cinnamon
- ¼ teaspoon cloves
- ¼ teaspoon nutmeg
- 1 cup canned pumpkin
- ½ cup molasses
- ¼ cup vegetable oil
- 1 large egg, beaten
- 1 tablespoon grated orange peel
- ½ cup golden raisins
- ½ cup coarsely chopped walnuts, toasted

Topping

- 2 tablespoons coarsely chopped walnuts



- ½ teaspoon cinnamon

Combine cornmeal, flours, salt, baking powder, baking soda and spices in large bowl; mix well. Combine *(continued)*



e tingly tang of cheddary Cheez Whiz goes great on...



☐



☐



☐

☑ All of the above.

The marvelous microwave in-a-minute cheese sauce.



king time 1-1½ minutes for 8 oz. jar.

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(continued) pumpkin, molasses, oil, egg and orange peel in another large bowl; stir until smooth. Add to dry ingredients, stirring to blend. Stir in raisins and nuts. Cut 2 circles of wax paper to fit bottom of two microwaveproof 2-cup glass measures. Spoon in half the batter in each cup.

Topping: Combine nuts and cinnamon; sprinkle on batter.

Cover glass measures with plastic wrap, turning back one section to vent. Microwave on Medium (50% power) 8 to 9 minutes, rotating dish halfway through, until toothpick inserted in center comes out clean. Let stand 20 minutes.

Carefully run long, thin knife along sides of cups to loosen cooked loaves; unmold. To serve, cut each bread in half lengthwise, then cut each piece into 8 long, thin slices. Makes 2 loaves, 8 servings each.

Nutrition info per serving: 150 calories, 3 gm protein, 7 gm fat, 21 gm carbohydrates, 123 mg sodium, 13 mg cholesterol.

CRANBERRY SAUCE

Prep time: 1 minute
Microwave time: 4 to 5 minutes



1 bag (12 oz.) fresh or frozen cranberries
¾ cup sugar
3 tablespoons orange-flavored liqueur or orange juice

Combine all ingredients in 2-quart microwaveproof casserole. Cover with wax paper and microwave on High 4 to 5 minutes, stirring after 2 minutes, until berries have popped. Cool. Makes about 2 cups.

Nutrition info per tablespoon: 25 calories, 0 gm protein, 0 gm fat, 6 gm carbohydrates, 0 mg sodium, 0 mg cholesterol.

VEGETABLE PLATTER WITH LEMON SAUCE

Prep time: 20 minutes plus standing
Microwave time: 7 minutes

1 acorn squash (about 1 lb.)
1 head broccoli, cut into florets (2 cups)
3 large carrots, cut into 2-inch julienne strips
2 cups white mushroom caps
2 tablespoons water

Lemon Sauce
½ cup butter
2 tablespoons chopped parsley
2 tablespoons chopped fresh dill
2 tablespoons chopped fresh chives
2 tablespoons fresh lemon juice

Microwave squash on High 1 minute; halve, seed and cut into ¼-inch slices. Place around edge of round 12- to 14-inch microwaveproof serving plate. Add broccoli florets around inner rim of squash, then carrots in concentric circles; place mushrooms in center. Sprinkle with water. Cover with plastic wrap, turning back one section to vent. Microwave on High 6 to 8 minutes, rotating dish once after 3 minutes, until tender-crisp. Let stand covered 3 minutes. Drain water from plate. Uncover and serve with lemon sauce on the side. Makes 10 servings.

Lemon Sauce: Melt butter in microwaveproof 2-cup measure on High 1 minute. Stir in remaining ingredients.

Nutrition info per serving: 120 calories, 2 gm protein, 9 gm fat, 9 gm carbohydrates, 113 mg sodium, 25 mg cholesterol. ■





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JULIA CHILD'S *Sweet* Indulgences



GIANT CREAM PUFF WITH CHOCOLATE SAUCE



How sweet it is! America's best-loved chef shares recipes from her new cookbook for divine desserts—from a delightfully easy ice-cream cake to a challenging meringue masterpiece. After all, no matter what nineties food fads will be, everyone deserves just desserts!

MULTIFLAVORED ICE-CREAM CAKE

MERINGUE-NUT BUTTERCREAM CAKE

SWEET INDULGENCES
continued

Easy · Moderate · Challenging · Microwave

MINCEMEAT TART



"Mince pie becomes a tart when it stands proud and free in a crust shell. I like this as a change from regular pie."

Prep time: 20 minutes plus cooling
Baking time: 35 to 40 minutes

- 1 recipe Basic Pastry (recipe follows)
- 2 cups prepared mincemeat
- 2 apples, peeled and chopped fine
- 1 pear, peeled and chopped fine
- ¼ cup chopped walnuts
- 2 tablespoons brandy
- 1 egg, beaten with 1 teaspoon water and pinch salt, for glaze

Roll larger pastry ball into 12-inch circle, ¼-inch thick, on lightly floured surface. Place in 10-inch tart pan with removable bottom. Roll remaining pastry ½-inch thick; cut into ⅛-inch strips. Transfer to cookie sheet and refrigerate at least 30 minutes.

Preheat oven to 450°F. Line tart with foil; fill with dried beans. Bake 15 minutes; remove foil and beans and bake 8 to 10 minutes more, until golden. Cool completely on wire rack.

Reduce heat to 400°F. Combine mincemeat, apples, pears, nuts and brandy. Spread in tart shell. Place pastry strips in lattice pattern on top. Brush strips and edge of tart with glaze. Bake 35 to 40 minutes, until pastry is golden and filling bubbly. Cool on rack 20 minutes. Makes 10 servings.

Nutrition info per serving: 440 calories, 4 gm protein, 23 gm fat, 55 gm carbohydrates, 402 mg sodium, 60 mg cholesterol.

FLUFFY PUMPKIN PIES



"It's creamy, it's even light. It's a pumpkin soufflé in a pie crust."

Prep time: 20 minutes plus chilling
Baking time: 45 to 50 minutes

- 1 recipe Basic Pastry (recipe follows)
- 2 cans (16 oz. each) pumpkin
- 1 cup heavy or whipping cream
- ¾ cup milk
- ¾ cup firmly packed brown sugar
- ¾ cup granulated sugar
- 3 tablespoons dark rum or bourbon
- 2 teaspoons *each* ginger and cinnamon
- 1 teaspoon salt
- ¼ teaspoon *each* nutmeg and cloves
- 4 large egg yolks
- 5 large egg whites

Roll pastry into two 11-inch circles on lightly floured surface. Place in two 9-inch pie plates and flute edges forming high rim. Refrigerate 30 minutes.

Preheat oven to 450°F. Mix all ingredients except egg whites in bowl. Beat egg whites in mixer bowl until stiff but not dry. Gently fold the whites into pumpkin mixture. Ladle into prepared pie shells.

Bake 15 minutes; reduce heat to 375°F. and bake 15 minutes more. Reduce heat to 350°F. and bake 15 minutes more, until toothpick inserted 2 inches from edge of pie comes out clean. Turn off oven; leave pie in oven with door ajar 20 minutes. Serve warm or cold. Makes 2 pies, 8 servings each.

Nutrition info per serving: 335 calories, 5 gm protein, 19 gm fat, 37 gm carbohydrates, 313 mg sodium, 98 mg cholesterol.

BASIC PASTRY

Prep time: 10 minutes plus chilling

- 1½ cups all-purpose flour
- ½ cup cake flour
- 1 teaspoon salt
- ¾ cup cold unsalted butter, diced
- ¼ cup shortening
- 5 to 8 tablespoons ice water

Place flours, salt and butter in food processor; pulse 5 to 6 times, until butter is the size of large peas. Add shortening, and immediately add 5 tablespoons ice water; pulse 2 to 3 times. Press dough together (if it does not hold together, pulse with additional water). Remove from processor.

For pumpkin pie, divide dough in half and wrap. For mincemeat tart, divide dough into 2 pieces, one slightly larger than the other and wrap. Refrigerate dough at least 2 hours before rolling out.

MERINGUE-NUT BUTTERCREAM CAKE

"This cake is hardly diet food—it's indulgence of the most exquisite sort."

Prep time: 1½ hours plus chilling
Baking time: 1½ hours

Meringue

- 1 cup toasted, skinned hazelnuts or blanched almonds
- 1½ cups plus 3 tablespoons sugar
- 6 large egg whites, at room tempe
- ¼ teaspoon cream of tartar
- Pinch salt
- 1 tablespoon vanilla extract
- ¼ teaspoon almond extract

Buttercream

- 1½ cups sugar
- ½ cup water
- 2 large eggs
- 6 large egg yolks
- 2 cups unsalted butter, softened
- 2 teapoons vanilla extract
- 3 ounces (3 squares) semisweet cho melted and cooled
- 2 tablespoons light rum
- 1 cup apricot jam, melted and strai

Garnish

- 1 cup sliced toasted almonds
- Chocolate curls or grated chocola

Line 2 cookie sheets with parch paper. Draw three 16x4-inch re gles on paper; two on one cookie one on the other.

Meringue: Preheat oven to 2 Grind nuts and 3 tablespoons su food processor until fine; trans large bowl. Beat egg whites, cre tartar and salt in large mixer bo medium speed to soft peaks. Be remaining 1½ cups sugar 1 table at a time, then the vanilla and al extracts. Increase speed to high beat until meringue is stiff bu dry. Gradually fold in nut mi with rubber spatula. Spoon into pastry bag fitted with #6 (½ plain tip. Pipe meringue onto p filling in outlined rectangles; s top with spatula. Bake 1½ h switching cookie sheets ha through, until firm to the touch. off oven; leave meringues in over door ajar 1 hour.

Buttercream: Heat sugar and wa small saucepan over medium he til sugar dissolves. Increase he medium-high and boil until syru isters 240°F. (soft-ball stage) on thermometer. Meanwhile, beat and yolks in large metal mixer Beat in syrup in thin, steady stre medium speed. Immediately tra mixer bowl to large saucepan with enough barely simmering to reach halfway up sides of With handheld mixer, beat egg ture at high speed until hot and r forms when beaters are lifted, abo minutes. Remove bowl from wate beat until cool, 10 minutes more

Beat butter in another mixer until light and fluffy. Beat int mixture 2 tablespoons at a time a dium speed. Beat in vanilla. Tra 2½ cups buttercream to another beat in melted chocolate. *(conti*



Nuts over you

These delectable chocolate pecan bars are easy as pie, made extra special with rich, smooth Baker's® Chocolate and Karo,® America's favorite corn syrup.

Chocolate Pecan Pie Bars

PREP. TIME: 25 MIN. BAKE TIME: 50 MIN.

3 cups unsifted flour
2 cups sugar, divided
1 cup butter or margarine, softened
½ teaspoon salt
1½ cups KARO® Light or Dark Corn Syrup
6 squares (6 oz.) BAKER'S® Semi-Sweet Chocolate or 1½ pkgs. (6 oz.) BAKER'S® GERMAN'S® Sweet Chocolate
4 eggs slightly beaten
1½ teaspoons vanilla
2½ cups chopped pecans

• **Crust:** Grease bottom and sides of 15x10x1-inch baking pan. (Be certain sides of baking pan are 1-inch high.) In large bowl with mixer at medium speed, beat flour, ½ cup sugar, butter and salt until mixture resembles coarse crumbs; press firmly and evenly into pan. Bake in 350°F oven 20 minutes.

• **Filling:** Meanwhile, in 3-quart saucepan, stir corn syrup and chocolate over low heat just until chocolate melts. Remove from heat. Stir in remaining sugar, then eggs and vanilla until blended. Stir in pecans.

• Pour filling over hot crust; spread evenly. Bake in 350°F oven 30 minutes or until filling is firm around edges and slightly soft in center. Cool in pan on wire rack. Makes 48 bars.



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Try the cracker that satisfies your hunger and your conscience. Try a RY KRISP® brand cracker, the munch better alternative.



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SWEET INDULGENCES

continued

Beat rum into remaining buttercream.

To assemble, remove meringues from paper. Brush with warm jam. When cool, place 1 meringue, glazed up, on serving platter. Spread with half the chocolate tercream. Repeat with another meringue and remai chocolate buttercream. Add last meringue and refrige 30 minutes. Spread half the rum-flavored buttercream top and sides of cake; decorate with remaining bu cream. Press almonds along sides of cake and sprinkl with chocolate. Cover and refrigerate 4 hours or overn Cut into ½-inch slices. Makes 32 servings.

Nutrition info per serving: 265 calories, 2 gm protein, 16 gm fat, 2 carbohydrates, 23 mg sodium, 84 mg cholesterol.

MULTILAYER ICE-CREAM CAKE

"Three ice-cream flavors are snuggled between ge cake layers, then wrapped in a whipped cream coating served with a berry sauce."

Prep time: 1½ hours plus cooling and chilling
Baking time: 30 to 35 minutes

Genoise Layers
- 1 cup plus ⅔ cup cake flour
- 2 tablespoons plus 1 cup sugar
- ½ teaspoon salt
- 8 large eggs
- 2 teaspoons vanilla extract
- ½ cup unsalted clarified butter, cooled

Rum Syrup
- ⅔ cup sugar
- ⅔ cup boiling w
- ⅔ cup cold wat
- ½ cup dark rum

- 4 pints ice cream (1 pint *each* vanilla and coffee, 2 pints chocolate), softened
- 1½ cups heavy cream, whipped and sweetened with ¼ cup confectioners' sugar
- ½ cup finely chopped walnuts or crumbled amaretti cookies

Sauce
- 2 packages (10 oz.) frozen strawberries in light syrup, thawed
- 1 tablespoon superfine sugar
- 3 to 4 tablespoons fresh lemon juice

Genoise Layers: Adjust oven rack to middle position. heat oven to 350°F. Grease two 9-inch round cake p Line bottoms with wax paper; grease and flour paper.

Sift flour, 2 tablespoons sugar and the salt into b Combine eggs, remaining 1 cup sugar and the vanill large metal mixer bowl set over saucepan of enough ge simmering water to reach 3 inches up sides of bowl. Wh until sugar dissolves, about 5 minutes. Remove from h beat at high speed until tripled in volume, 10 to 15 minu

Sift dry ingredients into beaten mixture in 4 batc folding in gently with rubber spatula. Measure one qua into another bowl and quickly fold in clarified butter, t fold back into remaining mixture. (Do not overmix.) P into prepared pans.

Bake 30 to 35 minutes, until toothpick inserted in ce comes out clean. Cool in pans 5 minutes. Remove fi pans, peel off paper and cool completely on wire racks.

Rum Syrup: Stir boiling water into sugar in medium b When sugar is completely dissolved, stir in cold wa then rum. Cool syrup.

With serrated knife, cut cakes in half horizontally form four layers. Arrange layers cut side up on coo sheets. Brush ½ cup rum syrup evenly over each la Freeze until firm, about 2 hours.

To assemble, line bottom and sides of 9x3-inch ro springform pan with foil, leaving 2 inches of foil above r Fit 1 cake layer into pan and spread with 1 pint chocol ice cream. Cover with another cake layer and *(continu*

THE GRAPE CHEFS OF EUROPE.



Akbar-Ben Fez-hed | Marcello DiVignetti | Fritz von Großmittel | "Cha-Cha" de la Raisiña | Jean-Jacques de Fresneau

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om those grape masters of haute
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SPAGHETTI ALLA SYRACUSA

3 tablespoons olive oil
2 cloves garlic, minced
1-1 pound 12 ounce can tomatoes, seeded and chopped
1 anchovy, minced
½ teaspoon red pepper flakes
¼ cup raisins
¼ cup Italian olives, sliced
1 tablespoon capers
2 tablespoons fresh basil, minced
2 tablespoons toasted pinenuts
3 tablespoons grated Parmesan cheese
¾ pound spaghetti

In a medium-sized saucepan, heat oil over medium heat. Add garlic and sauté until soft, about 10 minutes. Add tomatoes, anchovy, red pepper and raisins and simmer for 15 minutes. Add olives, capers and basil and simmer five minutes.

Meanwhile cook spaghetti in 3 quarts of boiling, salted water until al dente. Toss pasta with Salsa Syracusa, pinenuts, and cheese. Serve immediately. Serves 3-4.

RAISIN COGNAC TRUFFLES

¾ cup butter
¾ cup cocoa
1 can (14 oz.) sweetened condensed milk
½ cup raisins
3 tablespoons cognac, heated
cocoa powder

In a small bowl mix raisins and warm cognac. Let sit ½ hour. Drain and reserve cognac.

In a heavy saucepan melt butter over low heat. Stir in cocoa, mixing well. Stirring constantly, add sweetened condensed milk and cook 2 minutes or until thickened. Add reserved cognac. Chill 3 hours or until firm. Shape into 1" balls. Make an indentation in one side and press four raisins into center. Reshape into balls. Chill 1 hour or until firm. Roll in cocoa powder. Store in refrigerator. Makes 35 truffles.

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■ SWEET INDULGENCES
continued

repeat, layering vanilla, then coffee ice creams and cake and ending with chocolate ice cream. Cover and freeze 6 hours or overnight.

Remove pan and foil. Transfer to platter. Spoon cream into pastry bag and pipe decoratively onto cake. Sprinkle top with nuts or cookies. Return to freezer. Before serving, let cake soften in refrigerator 20 minutes. Serve with sauce. Makes 20 servings.

Sauce: Puree berries, sugar and lemon juice in food processor or blender until sugar is dissolved, 2 to 3 minutes. Pour pureed berries through fine sieve to remove seeds. Makes 2 cups.

Nutrition info per serving: 405 calories, 6 gm protein, 21 gm fat, 49 gm carbohydrates, 135 mg sodium, 147 mg cholesterol.

GIANT CREAM PUFF WITH CHOCOLATE SAUCE

"A giant ring filled with whipped cream just before serving. Each portion is doused with warm chocolate sauce."

Prep time: 45 minutes
Baking time: 45 minutes

Pâté à Choux
- 1 cup water
- ½ cup unsalted butter, cut into 6 pieces
- ¼ teaspoon salt
- 1 cup all-purpose flour
- 4 large eggs plus 1 large egg, beaten

Chocolate Sauce
- ⅓ cup light corn syrup
- ⅓ cup water
- ¼ cup unsweetened cocoa powder
- ¾ cup sugar
- 1 square (1 oz.) unsweetened chocolat chopped
- 3 tablespoons unsalted butter, cut up
- ¼ cup heavy or whipping cream
- Pinch salt
- 1 teaspoon vanila extract

Cream Filling
- 2 cups heavy or whipping cream
- ½ cup confectioners' sugar

Pâté à Choux: Butter large c sheet. Sprinkle with flour, shaki excess. Draw an 8-inch circle on c sheet. Preheat oven to 400°F.

Heat water, butter and salt in um saucepan over medium heat butter is melted. Reduce heat t add flour all at once. Cook, sti until mixture leaves sides of pa forms a ball. Cook, stirring const about 1 minute more to dry mixt

Transfer to bowl, stirring 30 se to cool. Add eggs one at a time, be until smooth after each add While still warm, spoon into p bag fitted with #9 (⅞-inch) plai Following outline on cookie sheet 1-inch-wide ring. Pipe second ri side and touching first ring. Pipe ring on top between the others. with beaten egg. Bake 45 mi Turn off oven. With tip of sharp puncture ring in several places to Leave in oven with door ajar 1 h

Chocolate Sauce: Bring corn syr boil in saucepan over medium hea til it forms heavy strands dropped from spoon, 1 to 2 mi Remove from heat and stir in v Sieve cocoa and sugar together; into syrup. Simmer over low heat ring until sugar is dissolved, 2 utes. Stir in chocolate and melt. in butter and cream. Increase he high and boil 15 seconds. Remove heat and blend in salt and va Serve warm. Makes 1½ cups.

Whipped Cream Filling: Place c in chilled mixer bowl and beat t peaks. Sift confectioners' sugar whipped cream and beat until sti

To assemble, with long, serrated cut top third from choux ring. Plac tom of ring on serving plate. whipped cream in pastry bag fitted star tip. Pipe cream rosettes in rin tom. Place top third of ring over wh cream. Drizzle ½ cup warm cho sauce over top. Serve with rema sauce. Makes 12 servings.

Nutrition info per serving: 430 calories, 5 g tein, 31 gm fat, 35 gm carbohydrates, 107 m um, 178 mg cholesterol.

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The lowdown on nutrition labels

We decoded an imaginary label to help you become a more nutritionally aware shopper

crunchers

LOW-SALT REAL CHEESE CRACKERS

Nutrition information per serving:

SERVING SIZE (12 crackers)	½ ounce
SERVINGS PER CONTAINER	20
CALORIES	70
PROTEIN	1 g
CARBOHYDRATE	9 g
TOTAL FAT	3 g
SODIUM	65 mg
POTASSIUM	20 mg

PERCENTAGE OF U.S. RECOMMENDED DAILY ALLOWANCES (U.S. RDA)

PROTEIN	2
VITAMIN A	*
VITAMIN C	*
THIAMINE	2
RIBOFLAVIN	2
NIACIN	2
CALCIUM	*
IRON	2

*Contains less than 2 percent of the U.S. RDA of these nutrients.

INGREDIENTS

Enriched wheat flour (containing niacin, reduced iron, thiamine mononitrate [vitamin B1] and riboflavin [vitamin B2], partially hydrogenated vegetable oil shortening (contains one or more of the following: soybean, cottonseed, rapeseed [canola], coconut), Cheddar cheese (made from cultured milk, salt and enzymes), monosodium glutamate (flavor enhancer), whey, malted barley flour, spices, sodium bicarbonate, lecithin, natural flavor, food color (containing yellow 5 and yellow 6), yeast and enzymes.

Twelve crackers sounds like a big serving, but it's misleading because most cheese crackers are small.

Fat adds up to more than you think in many popular crackers. Do a little math to see where calories in these cheese crackers come from. Fat has 9 calories per gram, while protein and carbohydrates have 4. What percent of the calories come from fat? Multiply 3 grams by 9 to equal 27 fat calories. Then divide by 70 total calories. Result: 40 percent calories from fat. Keep in mind that crackers with over 30 percent fat calories are considered high in fat.

These eight nutrients must be listed, even if they're supplied in small amounts. Manufacturers may also list others—for example, vitamin D, folic acid, zinc and copper. If they make a claim about the nutrient—"vitamin D–fortified"—it must be listed, too.

These may be cheese crackers, but they're no substitute for cheese! The calcium in one serving is less than 2 percent of the U.S. RDA. One ounce of Cheddar cheese, on the other hand, provides 20 percent of the U.S. RDA.

Don't confuse "wheat" flour with "whole wheat" flour. Whole wheat flour means whole grain, which is higher in fiber than flour made from just part of the grain.

"Partially hydrogenated" means that fat is anywhere from 5 to 70 percent saturated, and the manufacturer doesn't have to get more specific.

Sodium bicarbonate is just another name for baking soda, a common leavening agent. Lecithin, used as an emulsifier, comes from egg yolks.

Flavors and food colors don't need to be named, with the exception of Yellow #6. Some people are allergic to it.

An important reminder, even in low-salt crackers, sodium sneaks into the diet. The sodium guideline from the RDA is 1,100 to 3,300 milligrams daily. Many Americans eat twice as much—a potential problem if they have high blood pressure.

Potassium content isn't required on a nutrient label. But some people find this information helpful.

The U.S. Recommended Daily Allowances, known as U.S. RDAs, used for labeling, help consumers make smart food buys. They aren't exact recommendations, but merely the minimum amount of nutrients needed by people over age four. Don't confuse them with RDAs (Recommended Dietary Allowances). RDAs, which vary by age and sex, are the optimum amount of nutrients most healthy people need each day.

Ingredients are listed in descending order by weight. The trouble is, the items can be compared only by relative quantity—the list doesn't tell the amount of each ingredient the food contains.

"Enriched" means that some nutrients—thiamin, riboflavin, niacin and iron—lost during processing were added back.

Which vegetable oil was used? It's impossible to tell when the list says "contains one or more of the following . . ." The manufacturer can use any oil listed without specifying exactly which ones.

Additives must be included on the ingredient list. Monosodium glutamate (MSG), a flavor enhancer, is another source of sodium.

Whey—used in food processing—is simply the thin watery liquid from milk that's left from cheese making.

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1. Write (or type) your recipe legibly. List all ingredients using exact measurements. Give complete directions for preparation, number of servings, and utensils required. Recipes must be your own original creation or will not be eligible. Send entries postmarked no later than 12/31/89 to The Vlasic Classic, P.O. Box 214295, Auburn Hills, MI 48321.

2. Recipes will be judged on the basis of originality, creativity and taste. Judging will be made by culinary experts whose decisions are final. No correspondence will be entered into with entrants. Winners will be notified by mail by 3/31/90. All recipes become the property of Vlasic Foods, Inc. and will not be returned.

3. Contest is open to all residents, 18 years or older, of the USA, its territories and APO/FPO addresses except employees and members of their household of Vlasic Foods, Inc., its affiliates, advertising agencies, participating retailers. Winners are responsible for all taxes on prizes. Proof of eligibility and compliance with rules may be required. By entering the contest, entrants agree to be bound by these rules and consent to the use of their name and/or recipe (without additional compensation) for publicity purposes carried out by sponsor. Prizes are not transferable and no substitution of prizes allowed.

For a list of winners, send a stamped self-addressed envelope with your request to: The Vlasic Classic, P.O. Box 214295, Auburn Hills, MI 48321. Subject to all applicable state, federal and local laws and regulations. VOID WHEREVER PROHIBITED, TAXED OR RESTRICTED BY LAW.

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sushi	**grilled fish**
wine coolers	**bottled water**
croissants	**Russian black bread**
creamy Italian dressing	**olive oil vinaigrette**
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small-portioned designer entrées	**heaping plates of Grandma's old-fashioned home cookin**
baked potatoes	**mashed potatoes**
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5 high-tech foods of the future

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Based on information from FUTURE STUFF: More than 250 timesaving, delicious, stimulating, silly and energy-saving pro that will be available by the year 2000, by Malcolm Abrams and Harriet Bernstein. Published by Viking Penguin Inc, 198

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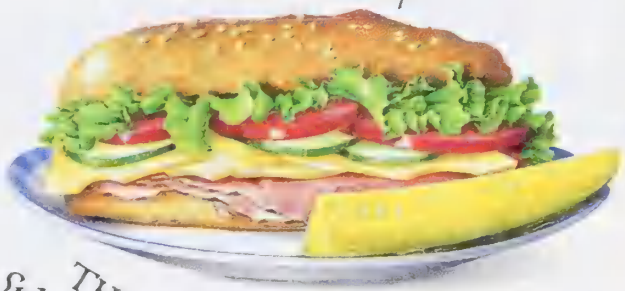
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VLASIC® BREAD & BUTTER PICKLES
THE MAKINGS *of* AMERICA'S GREATEST SANDWICHES



THE VLASIC BALTIMORE

Canned tuna or crab meat (drained), mixed with chopped celery, chopped onion, chopped green or red bell pepper. Toss lightly with sour cream and dill salad dressing. Serve on golden toasted English muffin, garnish with a sprig of fresh dill & lemon slice. Accompany with juicy tangy Vlasic Bread & Butter Sweet Butter Chips.



THE VLASIC BOY-OH-BOY

Split a long roll lengthwise. Layer with thinly sliced ham, sliced Swiss and cucumber & tomato slices. Spread on French dressing mixed with chopped egg and chopped green onion. Serve with crunchy tangy Vlasic Bread & Butter Sweet Butter Stix.

THE VLASIC PLUMP POCKET TURKEY



Fresh pocket pita bread generously stuffed with thinly sliced turkey & mozzarella cheese. Layer with tomato slices and crisp leaf lettuce, top with Dijon mustard. Serve with juicy crunchy Vlasic Old Fashioned Bread & Butter Chunks.

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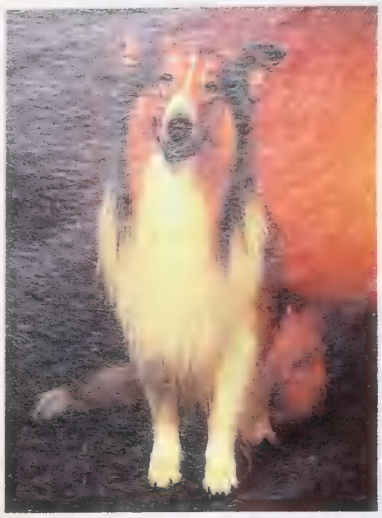
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PET NEWS

By Nina Keilin

KEEPING YOUR CATS AND DOGS HEALTHY AND HAPPY



Lassie comes home to your TV screens this fall. What took her so long?

DOG OF THE '90s

She's perched casually on a red plaid cushion and wears a simple tailored leather collar, but from her regal bearing and the toss of her mane, you know you are in the presence of the queen of dogdom. Lassie laps daintily from a personalized ceramic bowl and then turns around three times before settling down for some dish.*

Some people say you're doing the same old thing. You must agree that the role isn't exactly a stretch.

You know, I was offered the script for *Turner and Hooch* before Beasley. But I don't see myself as a character actor. And I didn't want to get into that makeup every day. Why should I play ugly duckling to Tom Hanks? Anyway, we'll be doing a lot of new plots. I'm not always a goody-goody. In one episode, I actually get to attack someone.

What brings you back to the show now? Couldn't you have enjoyed a comfortable retirement?

Yes, but it gets really boring lying around the doghouse chewing on a bone. I was just itching to get back in front of the cameras. I hope I can bring a sense of adventure to a new generation of children.

*Okay, so maybe she didn't actually *say* all this, but the facts are correct, according to her handlers. And yes, we know she's really a he, but this *is* the women in the '90s issue, and Lassie's a fine female role model. (The new *Lassie* show is syndicated around the country. Check your local listings.)

The experts predict...

There's no doubt that we're a nation of pet lovers: We spend $7 billion a year on pet food versus only $4 billion on baby food. And as our society becomes more urbanized, we're going to rely on our pets even more to remind us of our tenuous connection with nature.





- **IS THERE A SPECIALIST IN THE HOUSE?** Veterinary medicine is getting a lot more technical. In the nineties we'll see sophisticated blood tests and even transplants, and your vet will punch up Fido and Fluffy's symptoms on the computer to make a diagnosis. Specialties—such as dermatology, oncology, cardiology and dentistry—will flourish.

- **TEACHING OLD DOGS NEW TRICKS** Our pets are living longer because of advances in vaccinations and treatments for such infectious diseases as distemper and rabies. In the nineties we'll see new research on the diseases of aging—cancer, heart disease, and so on—as well as greater understanding of behavior changes that come with age.

- **COPING WITH LOSS** As our pets live longer we're becoming more attached to them, and a death hits us hard. No shame in that. We'll consult grief counselors to help us deal with our sorrow.





- **MORE CATS (AND FISH) THAN DOGS** Surprise! the most popular pet in the U.S. is the tropical fish. Cats have outranked dogs for a few years, and this trend will continue. Why? The self-sufficient cat is the perfect pet for today's working families.



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WOMAN IN MIDDLE

ontinued from page 219

dra Day O'Connor is faced with the important decision an American an has ever had to make.

control

seems unlikely, however, to wilt er the pressure. Friends and rela- alike describe O'Connor as un- monly calm, even when faced with sis such as her recent battle with st cancer. Despite her heavy work she and her husband, John, have ctive social life and are in demand vents as varied as openings at the onal Gallery and state dinners at White House.

sides being the only woman on Supreme Court, O'Connor has the nction of being the richest justice; financial disclosure forms list her s, including those of her husband, rporate lawyer, as $1.3 million to million or more.

r favorite sports are tennis and and Barbara Bush is one of her ient tennis partners. On Sunday attends Episcopal services at the lehem Chapel of Washington's onal Cathedral. Socially, she's ex- ely outgoing, and lawyers who argued before the impassive O'Connor in court would scarcely recognize the woman who does a mean Charleston with her husband at the Chevy Chase Club. (John O'Connor, who divides his time between Phoenix and Washington, is as sociable as she, and he jokes about being "president of what has to be the most exclusive club in the world—the Men's Auxiliary to the Supreme Court.")

But no matter how easygoing she is off the bench, there are some topics that are perennially taboo for O'Connor, who declined to be interviewed for this article. Friends say she refuses to discuss with them issues that are before the court. "She has a strong sense of propriety, of what's appropriate for chitchat and what's not," says Hattie Babbitt, an attorney and the wife of former Arizona governor Bruce Babbitt.

Her former employees at the Supreme Court say she is "extraordinarily friendly and warm" and that she routinely schmoozes during coffee breaks. She is especially interested in the spouses and children of colleagues, always remembering names and birthdays. Yet those same colleagues are quick to add that she always maintains a certain careful distance.

So reserved is she that even with relatives she rarely displays strong emotion. "I've never seen her lose control," her sister, Ann Fernandez, has said. "I've just never seen it, and I doubt anybody else has."

But last April, when O'Connor's mother, Ada Mae, died, her composure did crack a bit. The justice presided over a private service, scattering her mother's ashes at the top of a mountain in southeastern Arizona that overlooked the family ranch, the Lazy B. Her sister-in-law, Sue Day, recalls, "That's the only time I've ever seen her shed a tear."

An all-American childhood

Much of O'Connor's rock-solid character seems to be rooted in the Lazy B. It was there, twenty-five miles from the nearest town of any size, that she learned to be self-sufficient. The ranch had no electricity or running water until Sandra was seven, and she learned early the value and necessity of hard work. She pitched in along with everyone else, learning to ride and shoot, brand cattle and drive a tractor well before she was ten years old. When she was six, her parents sent her to El Paso so she could go to Radford, a private school for girls. Although she did well enough to skip two grades, she was desperately homesick. And every summer, she eagerly returned to the Lazy B.

(continued)



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WOMAN IN MIDDLE

continued

After graduating from Stanford Law School in 1952, sh married John Jay O'Connor III, a fellow student. But th times were not favorable to women lawyers; despite O'Con nor's impressive credentials, she received only one offe from a law firm—for a post as a legal secretary. (Althoug she has never called herself a feminist, O'Connor has a knowledged the importance of the women's movement. A ter her appointment to the Supreme Court, she told a interviewer, "I am sure that but for that effort [the wom en's movement], I would not be serving in this job.")

By 1957 the couple were back in Arizona, starting family of three sons: Scott, now thirty-two; Brian, twenty nine; and Jay, twenty-seven. Of the three, who are all i real estate, only Scott is married, and this fall, his wife wa expected to give birth to the justice's first grandchild.

In the early 1960s O'Connor became involved in Republ can politics as a precinct committeewoman, and in 196 she became an assistant attorney general. Four years late she entered the state senate and in 1972 became the coun try's first woman majority leader. During her time in th legislature, O'Connor (whose sister sits on the board Planned Parenthood in Tucson) voted to repeal the state extremely restrictive abortion laws. As a result, antiabo tion forces protested vigorously when Ronald Reaga nominated her to the Supreme Court in 1981.

She approached her historic appointment to the Suprem Court with the determined perfectionism that is her hal mark. "All her life," her brother, Alan Day, once told a interviewer, "whatever she did, she would just do it t perfection, whether it was important, or unimportant, c semi-important, or very important, she would just do it t perfection . . . If you said, 'The job is to wash dishes well she would do it better than anyone else."

A permanent issue

O'Connor seems uncharacteristically skittish over th abortion issue, which has dogged her since her nominatio to the Supreme Court. At that time, she told Presider Reagan that she found abortion "personally repugnant. Since then, she has made it clear that she is troubled b the fact that Roe gave women a virtually unrestricted righ to choose abortion during the first six months of pregnanc and allowed outside intervention on behalf of the fetus onl in the last three months. In 1983, in her first opinion on a abortion case, she wrote that medical technology, which i making it possible for fetuses to survive outside the wom at increasingly earlier stages of development, had put th decision "on a collision course with itself."

But she seems unwilling to overturn Roe entirely. I last July's decision she stopped short of aligning herse with the Court's conservative justices, and in so doing, sh prompted an attack from Antonin Scalia, who wrote tha O'Connor's arguments "cannot be taken seriously."

Scalia's jab is an extreme example of the reaction O'Con nor provokes among various interest groups. *The America Lawyer*, a publication for attorneys, has eloquentl summed up the contradictory images she evokes: "To liber als she seems a hard-edged conservative; to conservative an unreliable ally; to professional women a superb rol model; to ardent feminists a disappointment; to admirer fair-minded, balanced and intelligent; to critics muddled inconsistent and wanting in real intellectual distinction."

O'Connor herself seems impatient with the expectation of such groups, especially women. "Yes, I will bring a understanding of a woman to the court, but I doubt tha that alone will affect my decisions," she told *LHJ* i 1982. "I think the important fact about my ap

tment is not that I will decide
s as a woman, but that I am a
an who will get to decide cases."

e ordeal of a lifetime

devotion (and it is not too strong a
l) that O'Connor feels for deciding
s is measured by the fact that she
up with her work load even dur-
a bout with breast cancer. Ten
after she underwent a mastecto-
ast October, she was back working
usual eleven-hour days.

it O'Connor confided to friends
it was the worst period of her life;
was extremely uncomfortable with
prognosis her doctors had to offer.
with typical thoroughness, she
almost everything published on
st cancer, asked for expert opin-
and weighed the pros and cons of
ment. The only public sign of the
ies she endured was the wig she
in court while she was undergo-
chemotherapy. Even in private,
was reticent. Once, during the che-
herapy, she admitted to being a
tired. Her husband replied, "Wel-
to the human race."

Connor was so quiet about her ill-
in fact, that it was not long be-
rumors began to sweep Washing-
ton early this year that she was sicker than anyone had admitted and that she might soon retire.

Finally, in May, the Court's public-information office issued an unusual statement that O'Connor was "just fine." She had gone through treatment, the statement acknowledged, but had rejoined her exercise class and chosen the four law clerks who will work for her in the term that started on the first Monday of October.

This term, O'Connor and her colleagues will consider a number of cases on which her vote could be crucial. One involves a tangle of conflicting constitutional rights: Can a mother accused of child abuse be required to produce the child in court, thereby, perhaps, incriminating herself? Another involves the anguished parents of a comatose young woman who want to withhold medical treatment and allow her to die. And then, of course, there are the three new cases on abortion.

Did O'Connor deliberately duck the abortion issue in last July's ruling? Was she hoping that by the time some future case put Roe's fate squarely before the Court, she would no longer be the swing vote? Some observers of the Court suspect as much. "It's hard to imagine that she would want to be remembered as the woman who overturned Roe v. Wade," says A.E. Dick Howard, a professor of law at the University of Virginia.

And in fact, O'Connor's pivotal role will not last forever. After all, the liberal justices—Marshall, Blackmun and Brennan—are now all in their eighties; if even one of them should retire or die, George Bush will have a chance to name a conservative in his place, thus tipping the Court's balance decisively to the right and removing the swing-vote burden from O'Connor. All signs are that she would welcome the relief.

Until there is a shift in the court's balance, however, the pressure will not let up. What does Justice O'Connor think? It is the central question. And for the moment, the whole world is listening. ■

Merrill McLoughlin is a senior writer at U.S. News & World Report. U.S. News researcher Amy Bernstein contributed to this report.

Turn the page for a look at the three abortion cases on the Court's calendar this fall.

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CULTURE



continued

THE COURT'S NEXT MOVE

"For today, at least, the law of abortion stands undisturbed. For today, the women of this nation still retain the liberty to control their destinies. But the signs are evident and very ominous."

With those words, Justice Harry Blackmun, the author of the historic 1973 ruling in Roe v. Wade, dissented from the Supreme Court's decision in last term's abortion case. His fears are understandable. For while that ruling stopped short of overturning the right to abortion recognized in Roe, the opinions in the case made it clear that the court's conservative four—Justices Rehnquist, White, Kennedy and Scalia—seemed willing to overrule Roe.

As if to underscore their intentions, the justices made an extremely unusual move. Instead of sending related appeals back to lower courts for review in light of the new decision, they accepted three new abortion cases for the fall term. In so doing, they clearly signaled their determination to see that change in abortion law comes quickly. The cases accepted by the Court will be heard this fall, and decisions are likely this spring. In all three cases, Sandra Day O'Connor's vote could prove decisive. A look at the issues:

Ohio v. Akron Center for Reproductive Health

The state of Ohio is appealing a federal court ruling that struck down a 1985 law requiring notification of one parent twenty-four hours before a minor has an abortion. In holding the law unconstitutional, the federal court cited Supreme Court decisions that have limited states' power to put obstacles in the path of teenagers seeking abortions.

The court also held that any parental-notification statute must include a judicial-bypass procedure. This would allow a minor to try to convince a court that parental notification is unnecessary. The Ohio law did provide such a bypass procedure, but the federal court found that the statute would fail to protect confidentiality.

There is little doubt that the Supreme Court is inclined to uphold parental notification for minors, and such a ruling could have a wide-ranging effect: Women under eighteen have about one third of all abortions.

Hodgson v. Minnesota; Minnesota v. Hodgson

These twin appeals concern a 1981 Minnesota law, similar to the C measure, that required anyone forming an abortion on a minor to g forty-eight hours' notice to both ents. The law applied even in case divorce and parental abandonment group of doctors, abortion clinics Planned Parenthood of Minnesota arguing that the notification pr dure is unduly burdensome and th fore unconstitutional.

Turnock v. Ragsdale

This Illinois case may give the cons vative justices their best shot at R At issue is a preliminary injunction a federal appeals court that barred forcement of an Illinois law requir clinics performing even early ab tions to meet elaborate standards equipment and personnel.

In issuing its injunction, the appe court stated that there is no medi reason for applying such standar Ragsdale presents the clearest ch lenge to Roe, because it seeks to est lish elaborate standards for priv abortion clinics, where nine out of abortions are performed nationwi Those standards, pro-choice grou say, could make abortion so expens that most women would not be able afford it.

GOOD DAUGHTER

ntinued from page 216

. In effect, her seventy-four-year-nother, Dorothy Robinson, has be- her fifth child. Stricken with Alz-ier's disease, she's incontinent and be spoon-fed, and she no longer gnizes her family. "She's been liv-vith us for three years," says Nan- and though it's hard, I wouldn't it any other way." She looks n at Jennifer, who's tugging at her .. "But sometimes I feel as if there enough of me to go around."

ancy's situation is all too common e days. Statistics show that there 1.8 million "sandwich generation" en, who have children of their and provide aid to aging parents, nts-in-law or grandparents. They their bills, vacuum their rugs, h their teeth and sometimes, as in cy's case, change their diapers. l there are an unknown number of rs who supervise their parents' long-distance.) Although this care otivated by love, it can exact a endous physical, emotional and fi-ial toll, not only on caregivers but on their husbands, children and e for whom they are caring.

ne magnitude of the problem is ning. Consider:

- The average caregiver donates the equivalent of more than eleven weeks each year tending an elderly parent.
- One out of five has been doing so for more than five years; nearly all expect to continue indefinitely.
- On a national level, these hours total over 27 million woman-days of unpaid care every week; on a personal level, they represent hundreds of thousands of unrealized dreams.

And it will only get worse. Today, thanks to medical advances, Americans are living longer than ever before. What's more, the group most in need of help—men and women past eighty-five—are also the fastest-growing segment of the population, according to the U.S. Census Bureau. In more and more cases, there's no one home to watch over these vulnerable old folks. Families are increasingly split by geographical distance, with adult children moving in search of employment or parents retiring to far-off places. Even when parents and adult children live near each other, the daughters—who assume the caregiving duties 75 percent of the time—are ever more likely to be employed outside the home.

To be sure, a substantial number of older people manage to live independently: According to federal statistics, fully 46 percent of those over sixty-five remain with their spouse, while another 30 percent live alone. And among the 21 percent who do move in with their children, many are beloved and helpful members of the household.

Still, there is no denying that care for the elderly is a crucial issue that assumes more urgency every year. "Caregiving is no longer only a personal problem; it's become a societal problem as well," says Lou Glasse, president of Older Women's League (OWL), a grass-roots advocacy organization. Far more even than child care, elder care will be *the* social issue of the nineties, one that will affect nearly every woman in America at some time in her life. Not all of us are mothers, but every one of us is someone's daughter.

Interrupted lives

In fact, many women today spend more years caring for dependent parents than for children. "The empty nest is an anachronism," says Glasse. "If women's nests empty at all, they fill again very quickly."

No one knows that better than fifty-seven-year-old Hope Wolff. When she and her sixty-eight-year-old husband moved to Boca Raton, Florida, nine years ago, their children were grown. Hope, who had *(continued)*

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previously worked as a medical technician, didn't want another job and was looking forward to some leisure time. "I was finally free to pamper myself a little," she says wistfully.

But it didn't work out that way. Her husband's parents, both past ninety and in failing health, needed help, and Hope invited them to move in. "I did it because I thought that's what you were supposed to do," she says ruefully. That belief is typical of many caregivers, experts say. "In our society, women feel they're *expected* to be caregivers," says Carol Pierskalla, director of the program for the aging of the American Baptist Churches.

Hope's life quickly turned into, as she puts it, "a horror story." Not that her in-laws wanted to be difficult; in fact, they tried their best to help her. One day, for example, her father-in-law started to empty his wife's bedpan. When he tripped, the pan went flying, splattering carpet and walls. Several weeks later, he stumbled, and his walker hit the toilet bowl. "You wouldn't think a john could break," says Hope, "but this one did. A flood—all over. I spent my life spraying disinfectant, and we had to have the rugs cleaned constantly."

Although she kept her sense of humor—"You have to," she says—Hope was always exhausted. Her husband found his parents' decline difficult to watch, so he rarely became involved with their care. Instead, the Wolffs hired round-the-clock attendants, at a cost of $3,500 a month. While that freed Hope from some of the custodial chores, it destroyed what little privacy the Wolffs had. "My husband and I couldn't have a good argument, and we couldn't have a good make-up either. I gained forty pounds while my in-laws were with me."

In the fall of 1986, nearly four and a half years after they moved in, Hope's in-laws died within weeks of each other—but she then faced a new burden. Her own father, who had Alzheimer's, had moved from New Jersey to Florida to be near her. Today, she is still caring for him. "It's a marathon," she says stoically, "but we do what we have to do."

What golden years?

While most caregivers, like Hope, are middle-aged, more than 35 percent are over sixty-five. "The number of olds taking care of olders will increase as the population ages," says Elizabeth Markson, associate director of the Gerontology Center at Boston University, "and it's not easy for Grandma to t care of Great-Grandma."

Miriam Dypold, sixty-seven and times a grandmother, says quite bl ly that being a dutiful daughter-in- is "shortening my life." She had l looking forward to her husband's tirement, imagining days filled v good times and spontaneous cam trips. But one week before he left job, his ninety-year-old mother— fering from diabetes, poor vision weak kidneys—moved into their h in Arlington Heights, Illinois.

Now, two years later, Miriam more frazzled and tied down than did during the years when she raising five children. Her husb lends moral support, but not m more. "This is just the way it is women of my generation," she say signedly.

But what is most discouraging Miriam is that she sees no end to responsibilities. "There's no way compare the care of an elderly pa with the sort of care that's given baby," she says vehemently. "A c moves steadily toward independe but an aging parent just becomes m and more dependent." Like many er caregivers, she sees herself ca in a trap, condemned like the my logical king Sisyphus to (contin



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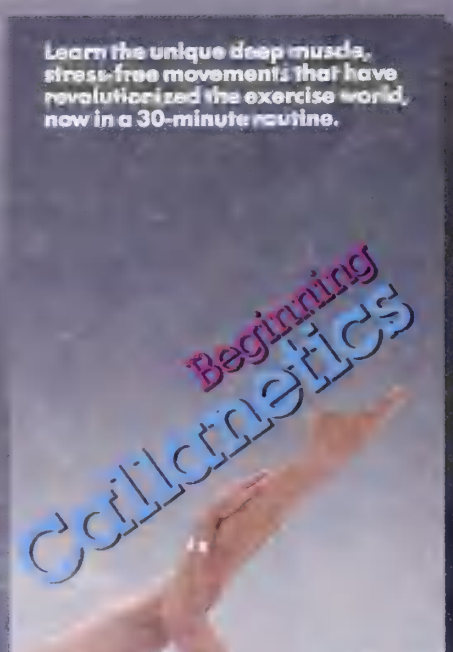
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■ GOOD DAUGHTER
continued

perform the same tasks again and again and again.

"These are the years my husband and I should be free," says, her voice tinged with frustration. "My sister, w husband died much too early, tells me, 'Enjoy yourse while you have your health.' But we can't. Who knows v will happen to us?"

Mixed emotions

While the physical burdens of caretaking can threate overwhelm, the emotional drain can be even more diffi "When I look at my dad," Hope Wolff says, "I see a who used to represent authority to me. Now in essence his mother, looking after him like a child. It's very ha

Kathleen Ball, sixty-two, a former career counselo Merrick, New York, also wrestled with the anguish caring for a parent: her mother, who was crippled b series of strokes. Kathleen had always visited her mo nearly every day, yet she was unprepared for the realit providing constant care in her own home.

"I never realized I would be absolutely torn to shre she says, a catch in her voice. "Did you ever put salve baby's bottom? Yes, you did, but did you ever put salv your eighty-nine-year-old mom's bottom? It's different. think, Oh, Mother, you did this for me, and now I'm d it for you, but why does it hurt so much?" She pauses answers her own question. "Because inside of me I'm st little girl. This is still my mama—not mother, but mar

A moment later, on the verge of tears, she continues. listen to her tell the same stories over and over, alw about the olden days. Why, I'd wonder, did I feel as were going to explode? Finally I said one day, 'Mom, do you keep talking about fifty years ago?' and she s 'Because I have no future to talk about.'"

Money matters

Parent care can also spell financial disaster, especi when women sacrifice an outside job. "These women risking their own financial security," says Pierskalla the American Baptist Churches. "Caregiving has bec an all-encompassing career for them, without any of standard benefits."

More than half of caregivers do keep their jobs, but t often lose productivity. Leslie Gaines-Ross, associate di tor of market research with *Fortune* magazine, who stu these women for *Fortune* and John Hancock Financial S vices, reports that they make a greater number of perso calls at work, are more frequently late to arrive or earl depart work, and take more unscheduled days off than their colleagues. "As a result," she says, "many work women find themselves on a daughter track, where care are threatened because of time spent on elder care."

But Marti Wrenn, fifty-two, an office manager for international corporation in Dallas, is determined that care of her ailing eighty-two-year-old mother will not terfere with her job. She manages to work at her job m than forty hours a week, but the rest of her time is c pletely devoted to her mother. "I have no life of my ow she says simply.

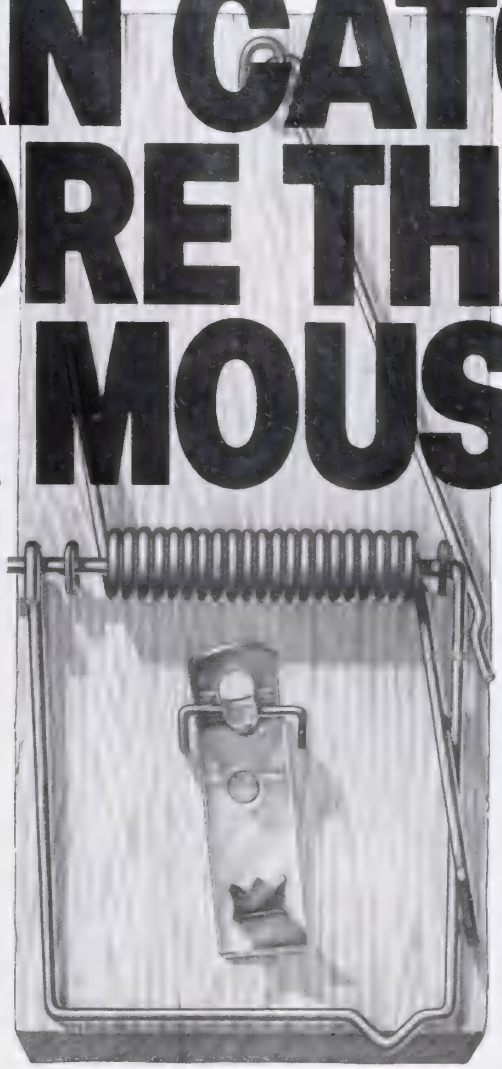
After her divorce fourteen years ago, Marti, who has children, moved into her parents' home to help with housework and finances. She and her mother were cl friends, and Marti has fond memories of those first ye But after her father's death in 1985, her mother suffe several strokes and became increasingly helpless, forge and argumentative.

Because of a small annuity, Marti says, her mother d not qualify for government help but at the (continu

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same time is too poor to buy what she needs. So since M can rarely find suitable, affordable day care, her mo stays alone during the day. The situation is danger "Two years ago, Mother fell asleep while smoking a c rette," Marti says. "Fortunately, that was one of the days I had help for hire. The woman came in and sme smoke." She shudders. After another cigarette ignited tablecloth, Marti reluctantly removed all cigarettes f the house.

"I did it for her safety," says Marti, "but she called n tyrant. That hurt." Now, despite repeated requests to in the house while Marti is at work, her mother slips ou buy cigarettes at a nearby Seven-Eleven. The stree bumpy, and she has fallen twice. In each instance, a p ing motorist has picked her up and given her a ride ho "So far," Marti says, "the strangers have been nice Her voice trails off.

Marti admits she sometimes questions her sanity. mother can no longer carry on a reasonable conversati she says, "and I have no time to find anyone else to with. I'll grow old alone, but there's a price on everyth Now I feel like I'm coming unglued, just hanging or fingernails and guts."

Choices and compromises

As is the case with most caregivers, Marti is a mas emotions—many of them conflicting. "Love, resentm compassion, anger, guilt, satisfaction, frustration, desp tion—all combine to make caregiving an emotionally tense experience," says Marilyn Bonjean, Ed.D., a Milw kee psychotherapist who specializes in helping fami with older adults. "But if the caregiver breaks down does the whole caregiving situation. One of the most d cult things a caregiver must do is balance commitment time and energy."

Although her situation is difficult, Nancy Madison learned how to strike that balance. She is devoted to mother, but as a mother herself she needs time with husband and four children.

"I don't want my kids to grow up and say, 'Gee, we ne got to do this or that because Mom always had to take c of Grandma,' " she says. "I hope they're learning com sion, not resentment."

During the week, Nancy takes her mother along as drives the children from one activity to another. Sh learned to read a story to Jennifer while feeding her mo er dinner and to help her oldest son with his homew while she's washing her mother's hair.

But every Friday morning, she carefully helps her mo er into the car, picks up a health aide and delivers th both to her mother's mobile home, about twenty m away. Then she returns home for a weekend free of fi responsibilities. "We cram all sorts of family activities i the weekends," she says. "It gives us time to recharge batteries."

The Madisons are fortunate because San Francis Family Survival Project, a resource center for families brain-damaged adults, pays $425 a month for the ca Nancy and her mother pay the remaining $350.

"We couldn't keep going without this weekend reli she says, "and even with it I don't know how long I'll able to provide Mom with the care she needs. I just h she knows the hugs I give her mean 'I love you.' "

But love, as Jan Hernandez knows, isn't always enou Jan, thirty-seven, a clinical social worker in private pract in Philadelphia, loves her mother, Ruth Brown, but kn they could never live together. "Despite love, we don't alw

t along very well," she explains. So when her mother, abled by multiple sclerosis and suffering from cervical ncer, began to need assistance, Jan and her husband found ouse for her just two miles from their own.

According to Bonjean, Jan made a wise decision. "Care-ving is a stressful situation under the best of circum-nces," she says. "And if a mother and daughter have d a difficult relationship in the past, the daughter should nember she can be supportive without actually inviting e mother into her home."

Now Jan spends about twenty hours a week helping her y-nine-year-old mother with everything from bathing d dressing to cooking, cleaning and balancing her check-ok. In addition, she and her husband each sleep over ce a week at her mother's.

Despite the arrangements Jan has made, her mother mbles that she doesn't spend enough time with her. nd in part she's right," Jan says. "When I'm there, I'm in e kitchen or running the vacuum. I'm spending time *on* r, not *with* her."

She takes a deep breath. "I like to think that right now e's standing up close to a giant tapestry, and all she sees a bunch of colors that don't make any sense. But when e dies, then maybe she'll be able to stand back fifteen t and appreciate the whole picture. Then she'll say, a, that's why Jan did what she did.'

'That's what keeps me going. That and the fact of the ilt I'd feel if I didn't do this overrides the resentment I l when I do."

Glee Pulley-Prahinski, a forty-seven-year-old teacher m Silver Spring, Maryland, faced a different problem en her eighty-three-year-old father, Bill, began weaken-g due to Parkinson's disease. He still lives in her child-od home, in Salem, New Jersey, one hundred and twenty les from her own.

'He wouldn't move, and I couldn't," Glee says. Yet he eded help with tasks like shaving, putting his shoes on d getting in and out of the bathtub.

After many phone calls, Glee found Aging Network Ser-es, a Bethesda, Maryland, firm that helps adult children d social workers in their parents' community. The agen-put her in touch with Tom Posatko, a New Jersey social rker, who hired a live-in aide for $300 a week plus room d board, to provide Glee's father with the necessary care.

Glee still worries, but not as much. She trusts Tom, whose is $40 an hour, to oversee daily details while she makes quent phone calls and visits once a month. "As Daddy's ysical condition changes, we'll have to find another solu-n," she says, "but for now he's where he wants to be, and I ve peace of mind."

It's certainly possible that Glee's father may one day quire a group facility. The number of people who do rises amatically with age, from only 1 percent of those aged ty-five to seventy-four, to 6 percent of those seventy-five eighty-four, to 22 percent of those above eighty-five. "As ing progresses, the unyielding burdens of everyday liv-g may make continuing care by a relative a commitment at is beyond reason," says James Halpern, professor of ychology at the State University of New York College at w Paltz and author of *Helping Your Aging Parents: A actical Guide For Adult Children* (McGraw-Hill, 1988). Hope Wolff, who cared for her in-laws in her own home, s come to believe that group living often has advantages the elderly. Her father, eighty-two, who is afflicted with zheimer's, is now living in congregate housing, an ar-ngement that costs $2,500 a month. (See page 309 for a rectory of elder-care facilities.) Hope believes the ar-ngement is better both for her and for her father.

'When my in-laws lived with me," Hope recalls, "they d nothing to do but watch television and *(continued)*



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stagnate. But Dad participates in different activities and enjoys the companionship of the other residents."

Still, she cannot erase from her mind her biggest fear: that her father will grow worse and end his days in a full-fledged nursing home. "Some of them are clean and nice, but all of them are the end of the road."

An agonizing decision

Hope is not the only one who considers nursing homes places of last resort. "Most Americans see them as long-term, medically oriented holding places," says James Halpern. "Moving a parent to a nursing home forces an adult child to accept the undeniable evidence of the parent's dependency. It's very painful for most people."

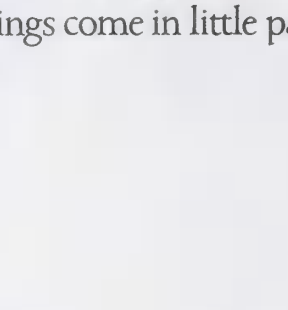
The pain of that decision wasn't lessened for Fran Milder, sixty-eight, of Omaha, even though her husband, Jerome, had once owned a nursing home and had been president of the state Nursing Home Association. When Fran's mother, Sarah Osoff, now ninety-three, became increasingly forgetful and unsteady on her feet, Fran and her three sisters vacillated for five years before agreeing that the best solution was sending her to some kind of facility.

Sarah's daughters first tried a retirement center. "It lasted less than a month," says Fran. "We all knew, deep in our hearts, that she needed more care than a retirement home could provide. But when it's your own mother, you don't want to face reality. Other people's mothers might need a nursing home, not your own."

But at last they had run out of alternatives. Jerome chose a facility where he knew Sarah would get first-rate care, and crying silently, the four daughters drove their mother to the nursing home. She protested at first, but almost immediately she began to eat more and to sleep better. "Intellectually, we know this was the right decision," Fran says, "but emotionally it still hurts."

It also hurts financially. The average nursing home more than $25,000 a year, and some cost almost twice To pay for her care, Sarah has used up her meager sa and the proceeds from the sale of her home. Becaus facility does not accept Medicaid, each daughter contri a hefty amount toward her mother's expenses. "We're l that there are four of us," says Fran. "None of us handle it alone."

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Very few pe can handle the giving bu alone, either p cally, financia emotionally. even in fam like Sarah's, w several chil are helping, strain is enorm "America is fa its caregiv says Lou Glass OWL. Stati support her co sion:

- While H Milder and her ters are ple with Sarah's r ing home, a re study by the fed Health Care nancing Adm tration (HC shows that fe than one out of en meets all fed standards.
- State-fun home health and respite grams, such as one that gives N cy Madison w ends off, are a able to only one of three hundre derly people.
- Adult day-c centers, wh would help ployed caregiv like Marti Wre are in very sh supply. They h room for only

elderly person out of every four hundred fifty who need the

- Medicare, the federal health-insurance program for ol Americans and certain disabled people, covers health servi only if they are provided by skilled workers and excludes m nursing-home care for those with chronic illnesses like H Wolff's in-laws and father.

Medicaid, the state and federal health-coverage program available only for those with almost no income or assets. Ba requirements are established by the federal government, th each state sets up its own coverage policies.



arly, something must be done. The te sector is beginning to understand elder-care benefits are of major imnce to employees. Two years ago, became the first major corporation fer information on elder-care res. Other companies reimburse cerxpenses associated with the care of dependents, have flexible work ules, and in a very few cases ar- for intergenerational day-care rs where employees can drop off parents as well as their children.

far, however, the number of compaproviding such benefits is small; caregivers receive minimal undering and no financial aid from the place. In fact, they risk being fired if caregiving duties interfere with jobs. The Family and Medical Act, now before Congress, is d to prevent this by providing job ction for caregivers of children and ts.

ddition, a coalition of 129 organiza—OWL, the American Association tired Persons (AARP), the AFLand a number of religious groups—npaigning for long-term-care insurfor all Americans. A bipartisan conional commission on caregiving is ted to release its own recommendain March, and a number of bills are o follow. The goals: to enable most elderly people to remain at home by offering a comprehensive range of support services—including adult day-care centers, respite care, and home health-care services—and to make nursing homes affordable to those for whom they are necessary.

But even when legislation is enacted, it does not mean the problem will be solved immediately: The Medicare catastrophic-illness insurance program, enacted last July to help elderly people faced with staggering medical bills, has been a source of controversy. Many elderly people feel that they will be taxed at an unreasonably high rate to support the program.

"The way in which we solve these problems is one of the great challenges of the 1990s," says Elizabeth Marksson, of Boston University. "For the cost of a single Stealth bomber, we can provide one year of nursing-home care for more than twenty-one thousand Americans, or fifty-two days of adult day care for over two hundred thousand Americans. It's a matter of priorities. How much do we value our elderly? How much do we value our women, who are being torn apart by the stresses of caregiving?" ■

Andrea Gross is a free-lance writer based in California.

Elder care: what's available

Terminology may vary, but here's a rundown on the most common types of facilities.

RETIREMENT COMMUNITIES **Fully self-sufficient adults live in self-contained houses or apartments that are grouped together; recreational facilities, social activities and health care are often available.**

CONGREGATE HOUSING **Residents live independently, usually in small apartments; meals are provided in a central area; social activities are available. Resources vary; many have twenty-four-hour emergency assistance or a medical center on premises. There is usually a contract between each resident and the community for lifetime health care, excluding hospitalization.**

FOSTER HOMES **A small number of elderly persons live in private homes with individuals trained to care for their needs.**

NURSING HOMES **These are generally divided into two types: *Intermediate care facilities* provide health-related services to persons who do not require intensive nursing care. *Skilled nursing facilities* provide twenty-four-hour care for those who require medical, nursing or rehabilitation services.**

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■ PIANO FINGERS

continued from page 89

piano, but it has volume control.

Jennifer laughs and squeals gl ly at the sounds she is making. times Dean is so full of love fo children he feels giddy. To steady self, he stares at a stack of video on a sale table.

"I want to be able to hear you p home," he says. "I never get to you play."

Jennifer frowns. "Is this my C mas present? 'Cause if it is, I wa wait, 'cause I don't want to not any presents at Christmas."

"Don't worry, punkinhead," he tousling her hair. "Santa Claus k where we live."

The keyboard is only eighty dollars, and Dean charges it o credit card. He'll forgo the invest seminar. That was just an idea.

"This little girl can play up a s We're talking major talent," brags to the cashier.

Outside, Dean helps Jennifer a her jacket and find her glov sporty car careens through the ing lot as though it is being ch When they reach their car, Dean the hatchback and places the pa inside. Jennifer wants to open it away and hold the keyboard in h on the way home, but Dean rem her about her seat belt.

After getting into the car, he "When Mommy throws a fit over you just stay out of it, sugar. I'll d explaining. I'll tell her we've got p Anybody with your fingers has to something decent to practice on."

"Traci Malone can play twice as and she hasn't been taking as long a Why do you think I'm so good?"

Dean remembers a poster he sa cently on somebody's wall—one customers. It showed a mother three kids. The mother was sa "Because I'm the mommy. T why." So he answers Jennifer "Because I'm the daddy. That's w

He stares at his daughter. The girl sitting expectantly beside seems like someone he has sud dreamed into reality. He can h believe his eyes.

"Hey, look," she says, pointing t windshield.

It is starting to snow: big, bea splotches—no two alike.

Bobbie Ann Mason is the criticall claimed author of two novels, "In C try," now a motion picture, and "S + Lila." "Piano Fingers" is includ "Love Life," her recently published lection of stories. She lives with her band in rural Pennsylvania.

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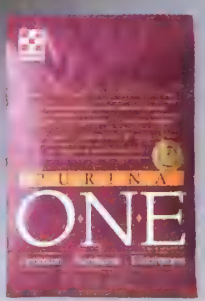
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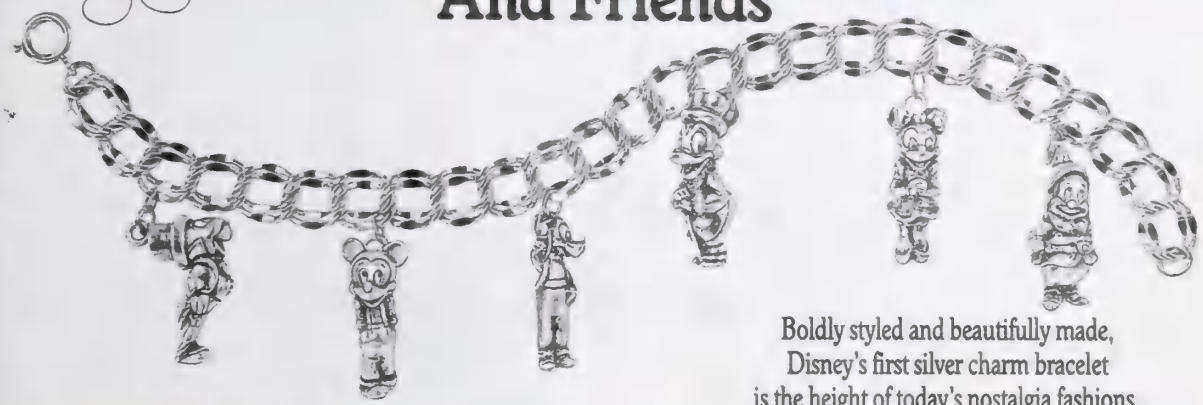
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ANASTASIA

continued from page 174

Later, Judith's picture was shown to Rob Watkins. "That's her!" he exclaimed, then his expression became uncertain. "No, look at her hands. No scar. And the mouth, the eyes. Whole expression different. Anyway, she called herself Margaret Carew."

When Watkins had gone, Barnes said, "The election is day after tomorrow. We've got to crack this. Sloane, interview the Chase woman at once."

When Judith got home that night, there was a message on the answering machine summoning her to Scotland Yard in the morning. Was it possible that they knew about her and Stephen and were checking on her?

Next day, to her bewilderment, Barnes told her they were questioning her about the Tower bombing. Their one lead was that a construction worker had given an explosive to a woman who called herself Margaret Carew and who bore a strong resemblance to Judith.

"Margaret Carew!" Judith exclaimed. "There was one who lived in the seventeenth century."

Both men smiled. "Not much help, that," said Barnes. "We have snapshots from the bombing of the statue, and a woman in a cape and dark glasses, who resembles you, is in one of them. Have you any idea who she might be?"

Judith stood up. The scar, she was thinking. The cape. Lady Margaret Carew. The blank times she had told Patel about. "No," she said. "Please, is there anything more you want of me?"

Silently Jack opened the door for her. "Get a tap on her phone," Barnes told him.

When she got back to the apartment, Judith opened her calendar and checked the days of the bombings against her schedule. With deepening despair, she realized that the bombings coincided with times she had missed the passage of many hours as she worked. She called Patel and told him what had happened at Scotland Yard.

Then her voice became a shriek. "What did you do to me when I was under hypnosis?"

"Judith, do you remember the Anastasia syndrome?" he asked her. "Come to my office tomorrow."

Shortly before noon the next day, Labour conceded defeat. Stephen acknowledged his victory at the County Hall.

In Scotland Yard, Barnes and Sloane were hearing for the third time a recording of the conversation between Judith and Dr. Patel. Barnes listened in astonishment as Sloane explained Patel's theory of the Anastasia syndrome. "Bringing people back from other ages? What kind of rot is that? But is it possible he hypnotized Judith Chase and sent her on these bombings? Let's have a talk with him before Miss Chase gets there."

When Judith arrived at Patel's office, she was carrying a dark-green cape and a bulging tote bag. She was not aware that Barnes and Sloane were behind a one-way glass and Lynch was waiting outside at a surveillance post across the street.

"I couldn't sleep last night," she told Patel. She tossed the cape on a chair. "To my knowledge I haven't worn this cape more than once or twice, and only in good weather, but there's mud on the hem. And look at this: powder, wires. You could put together a homemade bomb with all this. What did you do to me?"

"I gave you too much of the drug," Patel said finally. "It pulled you back to a period in history in which your mind was entrenched. The spirit of Lady Margaret has taken over. I'm going to regress you back to that moment again," he went on. "You observed that execution. This time, turn from it."

Lady Margaret ascended the steps to the executioner's platform. She looked about wildly. Where was Judith?

"Judith!" Margaret screamed. And Judith could not stop herself from looking into Lady Margaret's eyes. She began to scream.

Judith opened her eyes and tried to sit up. Patel put an arm around her. "Very slowly," he cautioned.

"It was so awful," she whispered. "But she's gone now. I'm so mortified at what I've done. Have I any right to Stephe must tell him what happened."

"You won't remember what pened, my dear. Go to Stephen Everything will be all right."

Tears ran down her cheeks. Ir tiently she brushed them away. " am I crying?" she asked, puzzled. T with a smile brilliant with happi she said, "I must go. I'm riding Stephen to the palace when he sents himself to the Queen."

She was gone, but Sloane saw scar glistening on her right hand the same moment, he realized tha bag she had brought in was at a di ent angle. "Oh, Christ!" he shou "Get out of here!" The bomb expl with a thunderous blast.

Lynch saw Judith run out and s ed following her. As he drove a he heard the blast. Oh, God, n thought. She continued to her h where she got into a waiting li sine. With horror, he realized she heading to meet Stephen and w then go to the palace.

There was a crowd of newspaper and cameras outside Sir Stephen lett's home when Judith's limou arrived. Lynch saw his chance. rushed across the street and op the car door. And then he saw it. vivid scar on her hand. "You are garet Carew," he said, and reache to his pocket . . .

The sound of the gun was lost in cheers as Stephen, shaking ha along the way, walked to the car. set, darling?" Stephen asked, cried, "Judith. My God, Judith."

It is over, Margaret thought. She Stephen's tears mingle with her blood. Simon Hallett, she thought, toriously, I have broken your h just as you broke mine.

THE WOMAN BEHIND THE MYSTERY

Widowed and nearly penniless at age thirty-six, Mary Higgins Clark had to raise her five alone. Though she had gathered "hundreds of rejection slips" for her writing, she refused discouraged. "I was so sure I was going to make it," she says. When she realized that s fiction was her calling, Clark settled into an permanent position on the best-seller lists.



The key to Clark's success may be that she write what she terms mainstream people. And her h like Clark, are self-made women who "contribute own rescue," she says.

Clark is justly proud of her children, too. Her ters—a judge, an actress and a Wall Street e assistant—are the kinds of women she admires.

In August 1988 Clark received a $10.1 million for five books from Simon and Schuster. In th month, she celebrated the birth of her fourth gra who weighed in at 10.1 pounds. She laughs. coincidence—we loved it!"

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- e follows)
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- optional



In large bowl mix 2 cups flour, undissolved yeast, sugar, lemon peel and salt.

Heat milk, water and margarine until hot to touch (125° to 130°F). Gradually add to dry ingredients; beat 2 min. at medium speed of electric mixer, scraping bowl occasionally. Add eggs and 1cup flour; beat at high speed 2 min., scraping bowl occasionally. With spoon, stir in enough additional flour to make stiff dough. Knead on lightly floured surface until smooth and elastic, about 6-8 min. Place in bowl coated with PAM; spray top of dough with PAM. Cover; let rise in warm place until doubled in size, about 45 min.*

Punch dough down. On lightly floured surface, roll dough to 18" x 15". Spread filling evenly on dough, leaving ½" border at long edges. Roll up from long side as for jelly roll; pinch seam to seal. Join ends to form ring; pinch to seal. Place in 10" tube pan coated with PAM. Spray top of dough with PAM. Cover; let rise in warm place until almost doubled in size, about 35-45 min.

To make star: With sharp knife, make 8 V-shaped cuts in top of ring. Make each "V" ½" deep, 1" at wide end and 2" long with points extending to outer edge of ring.

Bake at 350°F for 55 to 60 min., until done. Cover with foil after 35 min. Remove from pan; cool on wire rack. Frost with icing, if desired.

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PAULA POUNDSTONE
"I put my clothes in the dry cleaners, and I don't have enough money to get them out. It's like they're in jail. I go in every so often and say, 'Could I just *see* the pants?' "



CHER
"The trouble with some women is that they get all excited about nothing—and then marry him."



ELAYNE BOOSLER
"For a single woman, preparing for company means wiping the lipstick off the milk carton."

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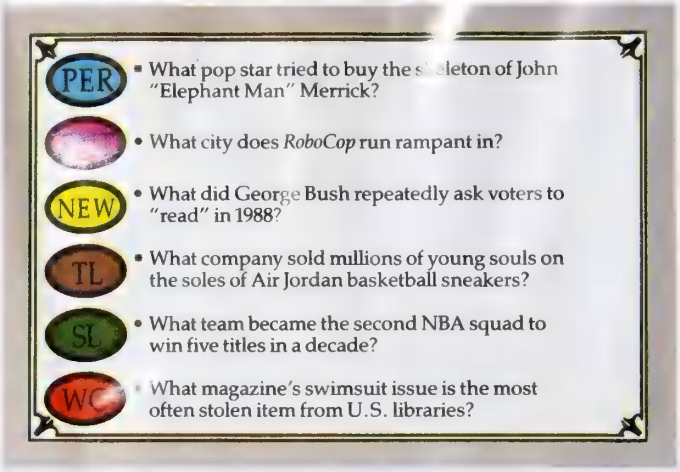
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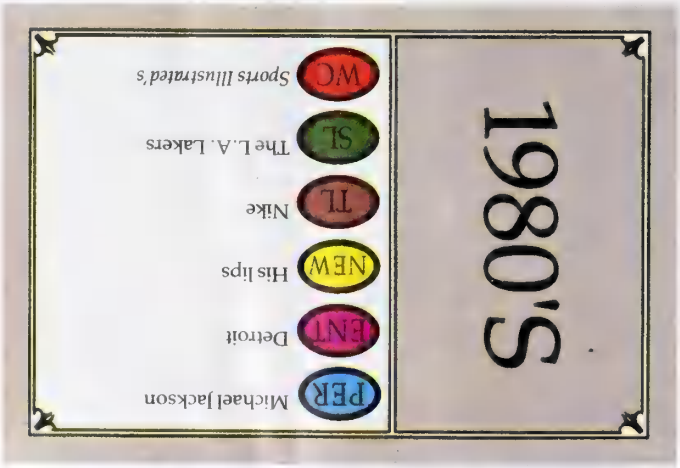
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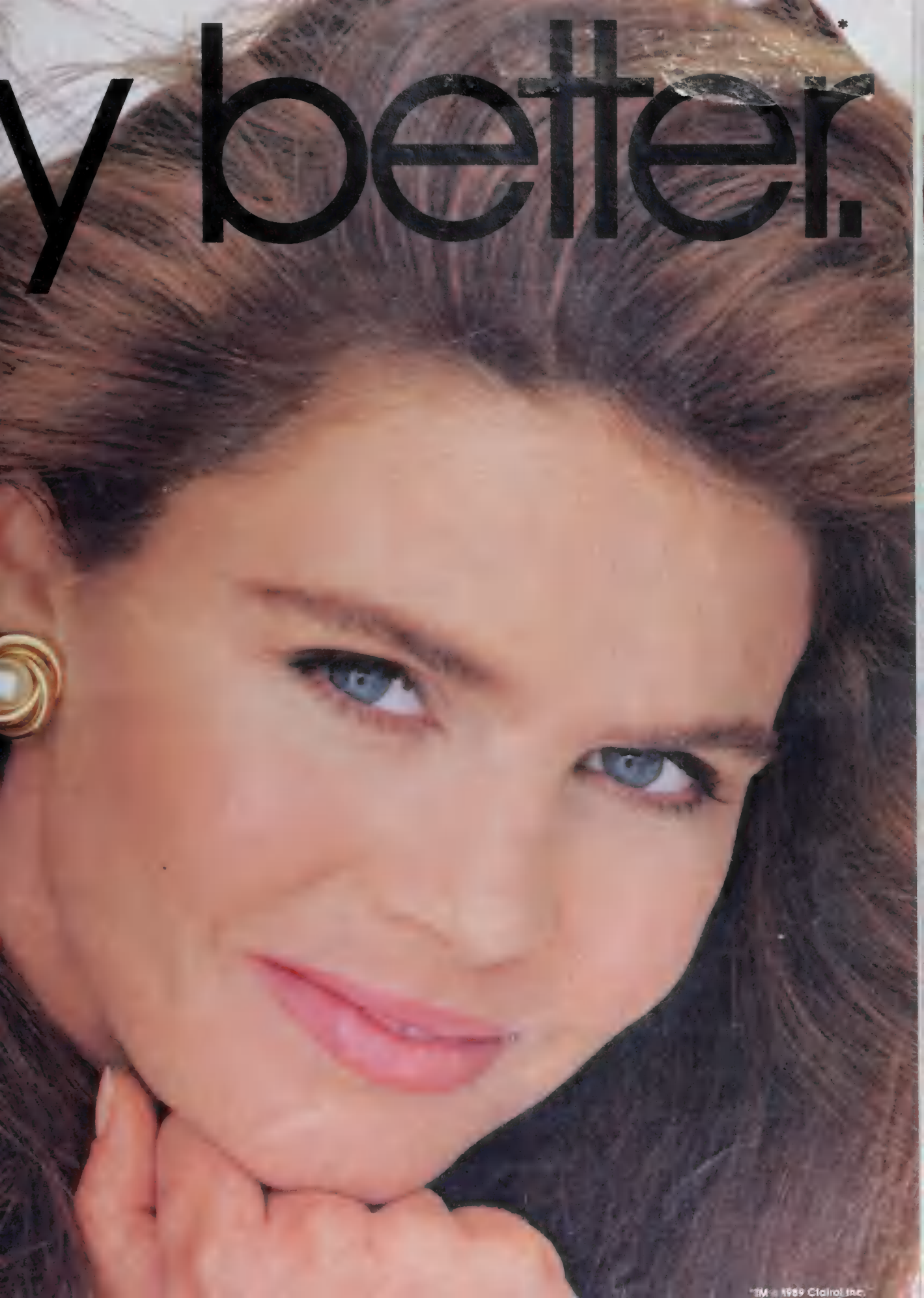
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LADIES' HOME Journal®

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IN THE NEWS



NANCY REAGAN SPEAKS OUT
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Cover photos: Children, Tom Arma; Lansbury, Gamma-Liaison; Andrews and Burnett, ABC-TV; Curtis and Carter, Greg Norman. Photos, this page, from top: Harry Langdon Photography ©1989, Mark Sennett/Onyx.



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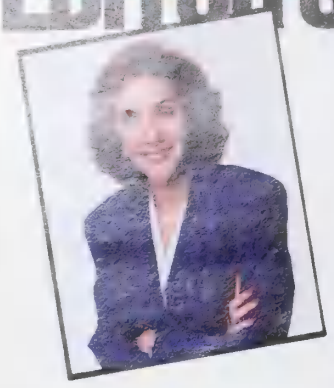
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EDITOR'S JOURNAL

By Myrna Blyth



I know you haven't finished your Christmas shopping yet. If you're like me, you may not have even really started. Well, may I suggest what I think is a perfect present for friends, relatives and neighbors? Of course, I'm talking about a subscription to *Ladies' Home Journal*. In a year's worth of *Journal*s you'll be giving that friend or relative hundreds of useful and delicious recipes, dozens of beauty, fashion, fitness and decorating tips, up-to-the-minute health and child-care information, interviews with favorite celebrities, enjoyable fiction and newsmaking reports on important social issues that affect us all. Remember as well this inexpensive but valuable gift arrives not once but twelve times a year. To order a gift subscription just call our toll-free number, 800-247-8080. It's $12.97 for the first gift subscription, and only $9.98 for each additional gift order. Each subscription is accompanied by a card from you with a note from me welcoming another new subscriber to the world of *LHJ*. Your recipient will know before Christmas about your thoughtfulness and that you have sent her this gift.

The perfect gift



Now that much of your shopping is off your hands, you can sit back, relax and enjoy this wonderful holiday issue filled with information, entertainment and inspiration. And in case you're wondering, our adorable Christmas cover angels are five-year-old Michael Collins, of Parsippany, New Jersey, and six-year-old Claudia Lancaster McConnell, of Nashville, Tennessee. Michael's mother, Peggy, tells us that Michael is a skateboard whiz who isn't quite sure what he wants to be when he grows up. "He's mentioned a football player or a priest," his mother says. Michael is the youngest of seven. Can you imagine Christmas morning at the Collins house? Claudia, who is called Cassie by her family, likes swimming, dancing, music and modeling. She has two pretty sisters who also model. I hope Cassie and Michael, who are just as appealing in person as they look on our cover, get what they want for Christmas—and that you do, too. The entire *LHJ* staff joins me in wishing you and your family the happiest of holidays and the best new year ever.

READER CALL-IN DAY

We'll be here to help you with your holiday problems on Wednesday, December 6, from 1 to 4 P.M. Eastern time. Remember, the call's on you. At the phones: Decorating Editor Lauren Payne, 212-351-3680; Associate Beauty and Fashion Editor Susan Parkes, 212-351-3681; Food Editor Jan Hazard, 212-351-3682; and Managing Editor Mary Mohler, 212-351-3683.

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CAN THIS MARRIAGE BE SAVED?

"He expects me to be perfect"



Silhouettes, Tom Arma.

Joni's turn

I'VE REACHED THE END of my rope," said Joni, thirty-two, an extraordinarily pretty blond wearing a light-green silk shirt and some well-cut gabardine slacks. "Yesterday Charles dumped on me again: When he was emptying the dishwasher, he'd overlooked the chafing dish from the Christmas party for his colleagues we'd had the night before. When he came home from work and saw it was still there, he just exploded: 'You must have seen that dish, so why didn't you try to put it away?' he yelled. 'Why do I always have to do everything around here?' And from there he launched into a tirade about everything I haven't been doing right lately. Ever since we got married three years ago, all he's done is criticize me or scream so loud I'm sure the neighbors can hear.

Joni tried for three years to be the perfect wife, but as far as Charles was concerned, she could never do anything right

By Carol Lynn Mithers

"You know, his Christmas present to me this year proved he doesn't really love me or think of me in a romantic way anymore. I spent a lot of time looking for a special book on film that I knew he wanted, but you know what he bought me? A food processor. I don't mean to sound ungrateful. I know it was expensive and all. But it's not the kind of gift I think a loving husband should give his wife on Christmas, for heaven's sake. When I didn't react to his gift the way he thought I should, he again hit the ceiling.

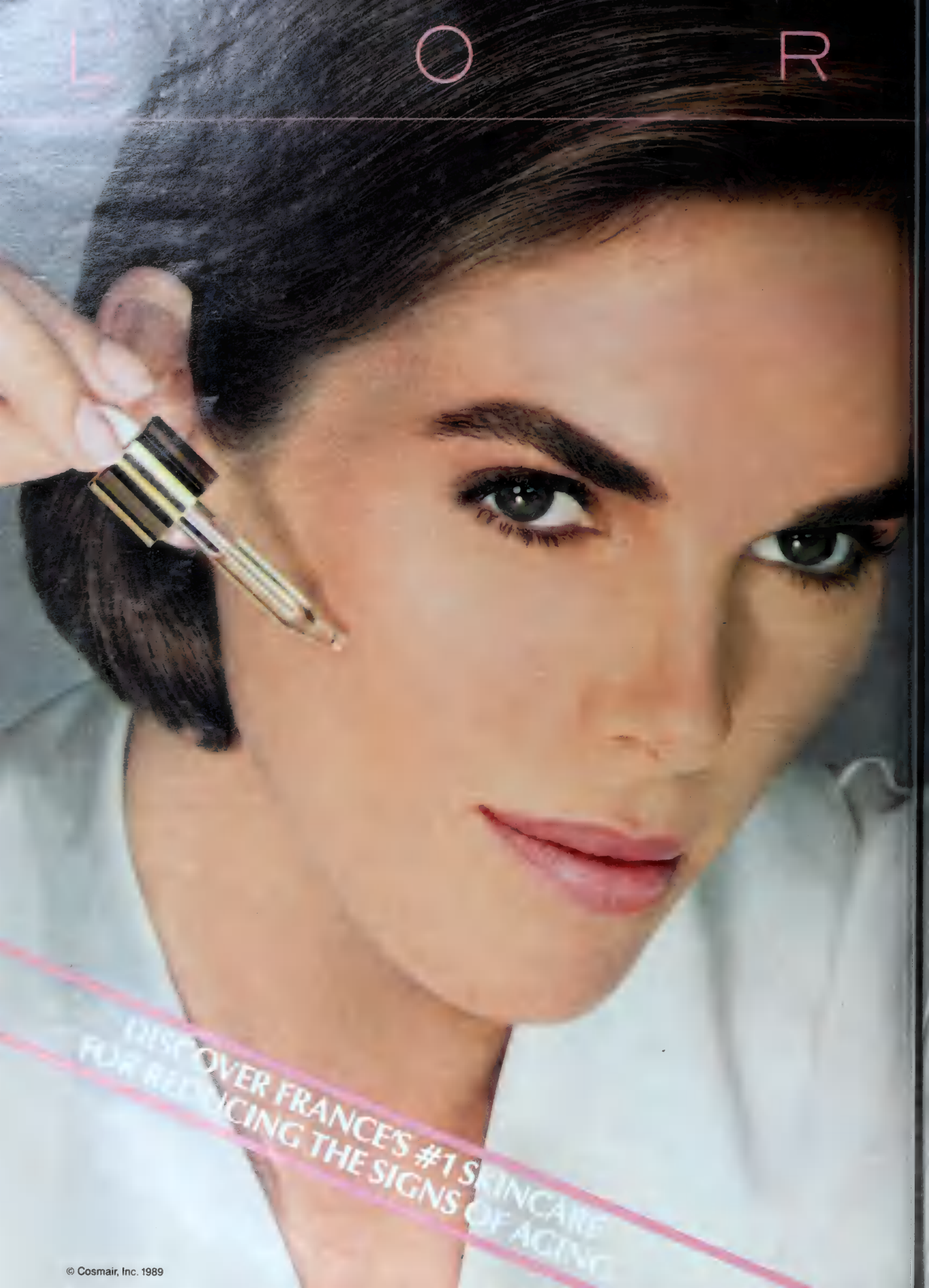
"I guess I shouldn't be so surprised by all this. From what I saw of marriage as a child, I always doubted I'd live happily ever after. That's probably why I stayed single until I was almost thirty.

"I was only seven years old when my parents split up and my father left our small Midwestern town for California. I worshiped my father and was devastated by his move, but when my mother remarried a year later, my life really became miserable.

"My stepfather had a drinking problem, and when he drank he went into these terrible *(continued on page 12)*

Introduced thirty-six years ago, "Can this marriage be saved?" is the most popular, most enduring women's magazine feature in the world. This month's case is based on interviews with clients and information from the files of John Barron, M.S.W., L.C.S.W., a psychotherapist in private practice in Sherman Oaks, California. The story reported here is true, although names and other details have been changed to conceal identities.


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CAN THIS MARRIAGE

continued from page 8

rages. Mostly he'd scream at my moth er, but if I happened to get in the way I was a target, too. I couldn't count o any protection from Mother either when he drank, she was afraid of him And the things he'd say to me wer incredibly cruel. I always tried to pre tend they didn't bother me, but he usu ally succeeded in making me feel com pletely worthless.

"When my stepfather was sober, h tried to be a father to me, but tha amounted to little more than satisfy ing himself that I was a good girl stay ing out of trouble. And though eac year I looked forward to the times I' get to visit my real father in Califo nia, the truth is, he never seemed tha interested in how I felt or who I reall was. It's funny—because I was prett as a kid and teenager, people outsid my family always assumed I had i made. Actually, much of the time was simply scared and lonely. An many nights, I'd cry myself to sleep.

"I finished my freshman year at college near my home, then decided t move to California, too. People had al ways told me I should model, and thought it was worth a try. I actuall got a few jobs, but it was clear I wasn going to make it into the big time. I always loved to travel, so when I sa that one of the major airlines was hirin flight attendants, I applied for a job.

"I loved being a flight attendant. I was great to travel all over the worl and I always had parties to go to and boyfriend in my life. None of my rela tionships lasted long, though, an looking back, I have to admit the were all pretty superficial. At the tim I think that's all I wanted—I wasn comfortable when anyone got too close

"I was working a night flight to Ne York when I met Charles. I was bac in the galley when a passenger cam up and asked for a cup of coffee. glanced at him, and something mad me look twice. He was older and ver attractive, with the bluest eyes I'd eve seen. Before we landed he asked fo my phone number. Passengers ha asked before, and giving out my num ber was something I normally didn do. But somehow I trusted Charles. H called me not long afterward, and w agreed to get together the next wee in New York, where he lived, when was again flying east.

"From the start I knew Charles wa different. He was working for a compa ny that produced television comme cials, which I found pretty exciting. also liked how driven and ambitiou he was. Charles really knew what h wanted from life. And I (continued



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CAN THIS MARRIAGE

continued

liked the new world he introduced me to—in the past my dates had always taken me to bars or parties, but with Charles I went to art festivals and foreign films. I even liked that he was twelve years older than me and had been married before. He was experienced, a man of the world.

"I started working as many New York flights as I could get, and the more I saw of Charles, the closer we became. Like me, he'd had a rotten childhood—his family was very poor, and his mother took out all her frustrations on Charles. He told me he'd always felt that she hated him. Not only did she criticize him constantly, but whenever he broke one of her rules, she hit him to the point of leaving bruises. But he'd come through it with a strength and wisdom I felt I lacked. And after all those years of superficiality, I felt that finally I was ready for a serious relationship. When Charles told me his company was transferring him to Los Angeles, we decided to get married.

"But almost as soon as we set up house together, everything I did was wrong and made him mad. He didn't like the fact that I worked for the airlines and traveled to strange cities. He didn't like the meals I cooked. He didn't like the way I ran the house. Almost every day something I did would displease Charles, and he'd fly into a rage, screaming and slamming doors.

"I didn't know what to do, and I was sick about it. I figured it had to be my fault. I knew I was a pretty bad housekeeper; I've never really cared much about cooking, and I can get careless about cleaning and bill paying. I felt bad that I was letting Charles down, and I resolved to be better.

"With Charles's encouragement I actually quit my job so I could have more time to practice my cooking and to keep the house cleaner—to be the kind of wife Charles wanted.

"But nothing seemed to help. For a few days things would go well, then something, anything, would set him off. Last week, for instance, he asked me to make a complicated dish to serve at our party. Well, I didn't pay close enough attention to what I was doing, and I burned the meat. It was edible, but it certainly wasn't great, I'll admit. When he saw what had happened, he started yelling about how I never do anything for him—as if I'd burned the meat just to upset him. At that point, I tuned out. To be honest I find it hard to be in the same room with him now; I guess I'm very angry.

"I always thought one day Charl would change or that I'd finally figu out what it takes to make him happ But life never changes. I'm tired walking on eggshells, so lately I' been pulling back from all contact. don't have any more to give, and can't stand being picked on. I can ne er be as perfect as he wants me to be

Charles's turn

"Believe me, I'm not such an impossible guy," said Charles, forty-four, tall, dark-haired man in a checke wool shirt and slacks.

"All I want is for my wife to take a interest in making a home, to pay little attention to me. I mean, isn that what being married is about? If wanted to take care of myself, I woul have stayed single.

"And believe me, I know about tak ing care of myself. Growing up, I ha no other choice. We were very poor; m father, whom I loved, worked such long hours I barely saw him. My moth er ruled my life, and she made it abso lutely miserable. She was a very an gry, unhappy woman, and she took ou all her frustrations on me. Every littl thing I did was wrong—like comin home late for supper, getting mud o my shoes or picking up the wrong item

he supermarket—and provoked an less stream of criticism.

got out of that house as fast as I ld. After high school, I went into service, then took a job in a restau- t and enrolled in night classes that uld help me earn a college degree. I ; determined not to be poor and to ke something of my life.

I met my first wife around the same e that I landed my first good job in ertising. I don't think I was ever t much in love; she didn't care about cation or getting ahead. We stayed rried almost nine years—probably ause so much of my energy was di- ed toward my work, we barely saw h other, and I didn't have time to lize how miserable I was.

Shortly after we split, one of my nts, the owner of a television pro- tion company, offered me a job with firm. Making a career change was inancial gamble, but the chance to rk in the entertainment industry s hard to resist. It was something always wanted to do.

I loved my new job, and I liked be- single again. I worked hard, dated ot of different women. I'd been on own for ten years when I met Joni, d I honestly wasn't interested in set- ng down. But from that first date ni stirred something in me. She had innocent quality, an openness, that pealed to me. I treasured her guile- sness—she was so giving and so ea- r to please. We saw more and more each other, and when my company nsferred me back to L.A., it felt ht to get married.

"That's where the shock came in: I rtainly saw another side to Joni once started to share my life with her. I uldn't believe how irresponsible she s about things. She never cooked. If was up to her, we'd have canned na every night. The bed was never ade. None of the bills ever got paid. en though I was working my tail off the job, everything at home was left me to do, too.

"Naturally, I criticized her, and I'll mit I did it strongly. But her care- ssness really upset me. To me, when u say you love someone, you try to ake him happy; you show him he's portant to you. And that sure esn't mean serving your husband na fish because you can't be both- ed to cook a proper meal. I bought r that food processor, not to insult r but because I love her, and I ought it was a terrific Christmas esent. I want us to build a happy, ving home. I honestly thought she'd pleased. Didn't she say she wanted learn to cook?

"Maybe if Joni would listen to me d try to understand what I'm saying, she would see how little I'm really asking of her. But she doesn't respond to me at all. She just clams up and withdraws, which makes me angrier.

"And the fact that she never changes her behavior is proof to me that she doesn't really care about me. She knew how important that Christmas party was to me the other night, and there she goes and screws it up. Can't she follow a simple recipe?

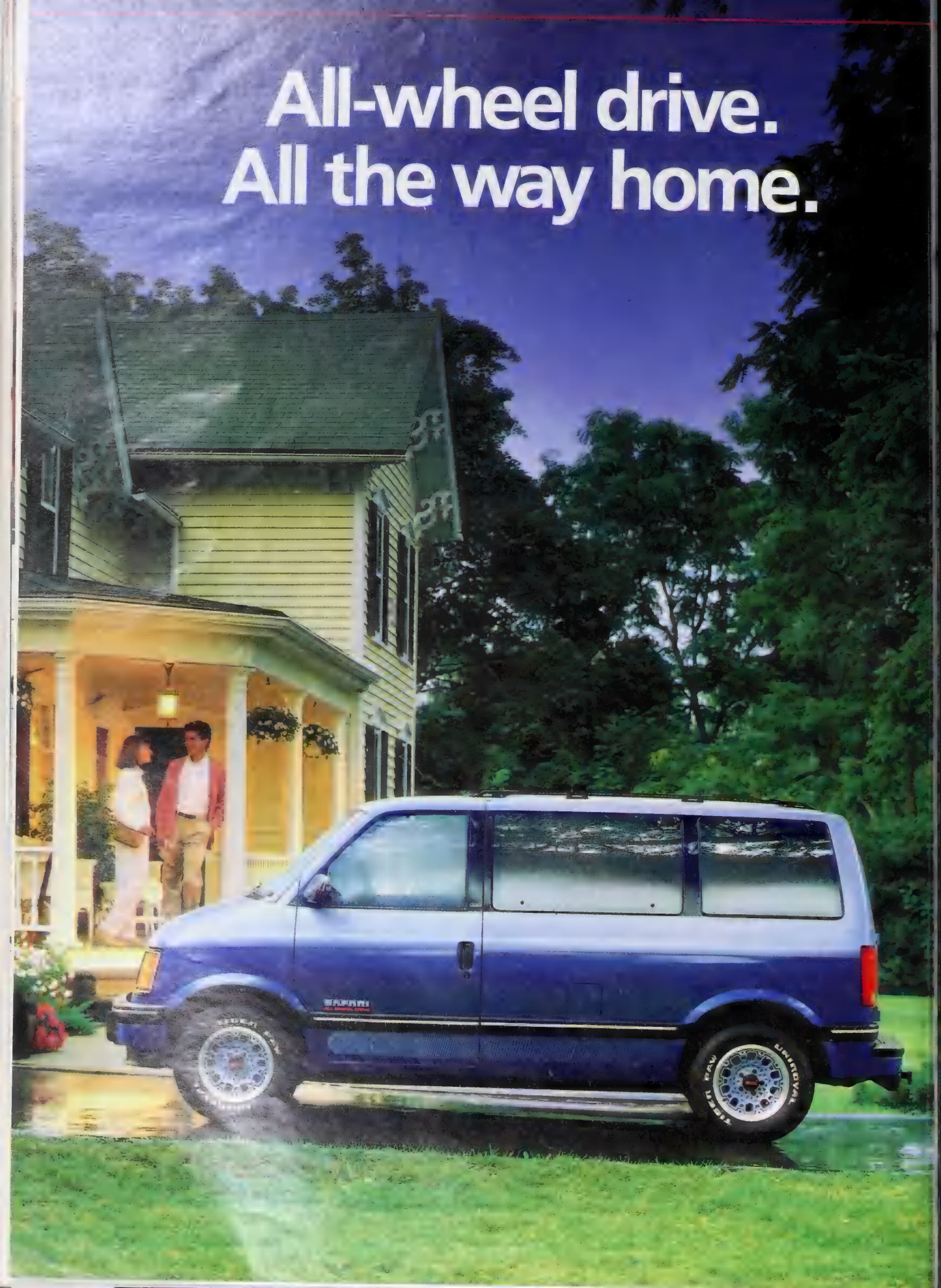
"Lately, there's no companionship, no closeness, no sex. I'll walk into the den to watch TV, and she leaves the room. I feel so frustrated. I've already seen one marriage go down the tubes, and I'd like this one to work. But how can it if I don't get anything from my wife? She says I want her to be perfect, but that's not fair. I just want her to be more responsive to me."

The counselor's turn

"Even though Joni and Charles's problems had been simmering for a long time, I was not surprised that they came to see me at this point," said the counselor. "Every year I find that the holidays seem to act as a catalyst, escalating long-standing family disputes to a more serious level.

"Initially, both Joni and Charles focused on Joni's inability *(continued)*




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CAN THIS MARRIAGE
continued

to do what it took to make Charles happy," noted the counselor. "But the more I saw how Charles's criticisms and Joni's withdrawals dominated every aspect of their relationship, the more I realized their problems went far deeper than burnt meat and housekeeping. Charles and Joni were trying to use a new relationship to satisfy some of their old needs.

"Joni grew up with little praise and much criticism and thus never felt valued as a person. She had very low self-esteem and great feelings of neediness. At an early age, she learned to protect herself from hurt by withdrawing, and for years she refused to allow any man to get close to her. However, underneath she longed for someone who would be the father she never had, someone who was strong and wise to teach and take care of her. Charles seemed to be that man.

"Beneath his charm and sophistication, however, Charles had real problems of his own. Abused by his mother, he was left with both a deep distrust of women and a terrible need for the mothering he never had. While it was true that Joni's housekeeping and cooking left much to be desired, Charles experienced the problem as more than one of household management. To him, being served tuna fish meant that he was not important, not good enough. Not surprisingly, since food was such a high priority for him, he honestly thought that his Christmas present was thoughtful and loving. When he realized that Joni did not appreciate it, he reacted as he usually did in such situations—by childishly throwing a tantrum.

"The first step I took was to help Charles understand how much his background was influencing the way he felt toward Joni. In a series of individual sessions I explained how he was blaming his wife for all the anger and frustration he felt toward his mother. The important thing wasn't whether Joni's attempts at cooking had actually succeeded but rather that she had tried very hard to please him. Perhaps she would never be a great cook—but she stood a chance of getting better if he'd help her instead of pressuring and criticizing her.

"Finally, I helped him understand that Joni, too, had needs that should be met. I told him that Joni wasn't purposely doing things to frustrate him; she was acting this way because she was scared and did not know how to prevent his rages.

"After a few private sessions with Charles, Joni joined us, and I gave them several assignments. I knew that when Charles felt frustrated, old childhood responses were triggered, so I instructed him that if something Joni did or didn't do upset him, he was to leave the room for a moment, remind himself where he was and identify what he was feeling. Then if there was something he still wanted changed, he should simply ask Joni to make the change, rather than attack her. Just learning that he could calmly ask for—and then get—what he wanted was a profound revelation for him.

"Another assignment was aimed at putting limits on their fights. I made them promise that whenever a problem came up, nothing else was to be discussed until that problem was understood by both parties and resolved. Knowing that Charles really heard what she had to say, even if he didn't agree, gave Joni a sense of personal validation. And the fact that she knew one complaint wouldn't lead to a whole litany of accusations kept her from being overwhelmed.

"Finally, I worked at building Joni's self-esteem. Part of that involved being her advocate in disputes with her husband. Because no one had ever listened to her when she was growing up, she had never learned to speak up for herself or to trust her own judgment. I helped her to do that—because Joni trusted my judgment, she could use me as a sounding board to decide for herself whether Charles was being unreasonable or whether something he suggested was worth a try.

"The stronger and more self-confident Joni felt, the better able she was to assert her own feelings and needs. Soon, she began to feel more in control, and increasingly she found she was giving to Charles because she wanted to, not because she had to. Her fear and resentment gradually eased, and she became much more responsive sexually as well.

"As Charles began to feel secure in Joni's love, he became much more patient, supportive and loving. He learned to view the household mishaps and disappointments that had so enraged him before as just a part of life. Moreover, as his own feeling of desperation and neediness eased, he was able to give to Joni, too. Recently, he used some of his show-business contacts to help her find a job as an administrative assistant at a radio station, a position that is helping to increase her sense of self-worth.

"Patterns and problems as deep-rooted as Joni and Charles's do not disappear overnight, but with work they can be overcome. This couple terminated counseling with both the understanding and the tools they need to make their marriage a good one." ■

Santa's special helper



The author, surrounded by some of the toys, games and other goodies she'll soon be delivering to the hundreds on her gift list

Dennis Davito/Gamma-Liaison

Each Christmas season I have the most fulfilling job I could imagine—playing Santa Claus to hundreds of needy families

By Rita Swiener

I'll never forget the Christmas when I was six years old—and not because it was so merry. That year my eight-year-old brother, Marty, and I were living in an orphanage in Pittsburgh. Right before the holidays a lady came around with a list of gifts and told each of us children that we could pick out a toy.

I chose a doll. Then I saw that a nurse's kit was also listed. I agonized over which I liked more, but I couldn't decide. So I picked them both. That's when I was told, "You can only have one."

I don't remember which toy I finally took—the nurse's kit, I think—but I'll never forget the sadness and disappointment I felt. Right then and there I made a vow to myself that when I grew up, I'd do everything possible to make sure that other children in need would receive more than just one Christmas gift.

Today I am trying to keep that promise. On the afternoon of every Christmas Eve I climb into a van filled with gifts and set out for economically depressed East St. Louis, Illinois. With several helpers I spend the next twenty-four hours distributing toys, shoes and clothes to hundreds of needy families in the St. Louis–Metro East area.

By the time I get home Christmas is practically over, but I don't mind. In fact, I don't even celebrate the holiday—I'm Jewish. But to me the difference in religion doesn't matter. It's helping to bring a little joy to others that counts.

I was born into a poor family myself, so I understand what it's like not to have much. Before we were placed in the orphanage Marty and I lived with our mother in a low-income housing project in Pittsburgh. (My father had left the family when I was two.) We could barely afford food, let alone toys.

Four years later my twenty-eight-year-old mother died from complications from an illegal abortion. Without a home Marty and I ended up in a Jewish orphanage.

I hated it there and prayed that someone would come and take us away. The next year my prayers were answered: Mr. and Mrs. Swiener, an elderly couple from St. Louis, adopted us.

I was thrilled to be in their home, *(continued on page 22)*

SHE'S VERY CHARLIE.



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(continued from page 18) but the biggest surprise came within a week, when I tore my dress playing on swings. My new mother threw the dress in the garbage. I started crying, yelling, "I'll sew it! Don't throw it away!" I didn't realize that when you rip something, you buy a new one; I thought my dress was being thrown away as a punishment. Even when my mother told me I was forgiven, I still kept trying to get it out of the garbage.

I especially loved my father, a very gentle and religious man. He sent kids who couldn't afford it to the Hebrew Academy, without ever telling them that he was paying their tuition. It was from him that I learned what giving was all about.

But during my teens I became something of a rebel. I graduated third from the bottom of my high school class, and my guidance counselor told me that I'd better get a job as a waitress because I wasn't bright enough to be a secretary.

Instead, I eloped with my twenty-three-year-old boyfriend. And I indeed became a waitress at a drive-in restaurant. After that I clerked in a number of drugstores and eventually worked my way up to become a store manager of one of them.

I thought about going to college at night, but I wasn't sure I could handle it. At one customer's urging, however, I registered at the University of Missouri-St. Louis.

About that same time my husband and I got divorced. Although I was sad about the end of my marriage, I was also looking forward to my new life as a college student.

I discovered that I was a good learner. Six years later, in 1970, I graduated as the first evening student ever named Outstanding Student Leader. My father was so thrilled! Although he died of cancer before I received my master's degree in psychology in 1973, he did see me begin my career as a teacher.

Today I'm a psychology professor at State Community College in East St. Louis, president of a local chapter of the Illinois Federation of Teachers and a psychotherapist. I'm also the mother of two grown children. Although I never remarried, I always wanted to have kids of my own. In 1972, I assumed legal guardianship of Julie, a teenage runaway. Three years later I became the guardian of fifteen-year-old Larry, whom I later adopted.

Larry and Julie no longer live at home, so I keep busy with my work. But what brings me the most fulfillment is the job I do each Christmas. I first got involved in my holiday project in 1966, when I was still in college. At the time I was head of the Evening College Council, the student council for evening students, and one of my teachers asked me if we'd help a poor family for Christmas. Immediately I said yes.

The family had eight children, so I asked the kids what they wanted from Santa. The seven girls all told me, but the little boy wouldn't talk. Finally he put his head on my shoulder and said, "An ooh truck."

"What's an ooh truck?" I asked.

"One that's not already broken," he answered. I realized that he meant a new truck.

The next morning I was driving by a moving-and-storage company when I noticed a big toy truck in the window. I parked the car and went in. "I want that truck," I said to the man in charge.

"It's not for sale," he replied.

"Oh, I don't want to buy it," I told him. "I want you to *give* it to me." I explained about the "ooh truck."

"Look, lady, I can't give that truck away," the man insisted.

The other customers gave him dirty looks. "Give her the truck," they urged. Finally the man said to me, "Take it and get out of here."

I thanked him, grabbed the truck and ran out the door. The look of joy on that little boy's face when he opened it on Christmas Eve was something I'll always treasure.

From that one needy family my Christmas list grew to three and then nine. In 1974 a friend asked me to take on a shelter for the homeless and I agreed.

Just a (continued on page 28)

How *you* can be more giving

During the holidays, many of us want to follow Rita Swiener's example and help those who are less fortunate. But it's not always easy to act on our good intentions. For instance, how do you decide whom to help and what kind of aid is most needed?

The first step is as simple as a phone call, says Rev. Stephen Burger, executive director of the International Union of Gospel Missions, an association of rescue missions across the U.S. "Contact a rescue mission in your area and ask them what you can do, or call the United Way for a list of organizations that need help," he suggests. You can also check with church groups, nursing homes, hospitals, the Salvation Army, the Volunteers of America or the Red Cross.

Then decide the kind of volunteering with which you feel most comfortable. You can either collect and donate items such as food and clothing, or you can get involved in a more personal way, perhaps by helping to cook and serve a meal at a mission or soup kitchen. Include your family and friends and make it a group project.

"There are all kinds of possibilities," points out Burger. "Throw a party for a group of women or kids at a shelter. Invite them to a Christmas musical program or the local production of *A Christmas Carol*."

If you choose to make a donation, Burger suggests such nourishing food items as canned goods, fruit juice, soups and stews—rather than cakes or candy—and blankets and warm clothing, including jackets, sweatshirts, scarves, gloves, shoes, socks and underwear.

"There's also a huge need for items for children," he adds. Stuffed animals, dolls, games, books and puzzles all make wonderful holiday gifts. On the more practical side disposable diapers, baby formula, infant clothing and children's wear are always in high demand.

What matters the most, stresses Burger, is not how much you do but that you make a contribution. "You get a lot more than you give," he says. "The satisfaction you feel is tremendous.'

If you would like to start your own version of Santa's Helpers, or sponsor even one family in your town or city, Rita Swiener would be happy to give you some ideas on how to go about this kind of project. You can call her at 314-727-0186. Or write to her at 7832 Balson Ave., St. Louis, MO 63130.

To locate a rescue mission in your area, call the International Union of Gospel Missions toll-free at 800-624-5156, or write to Box 10780, Kansas City, MO 64118.

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A WOMAN TODAY

continued from page 22

few weeks before Christmas he an
got a list of the names and ages
the people at the shelter and star
shopping. We bundled the gifts i
huge plastic sacks and arrived at
shelter on Christmas Eve in the m
dle of a terrible storm. When one of
residents, a man in his thirties,
swered the door, we handed him
bag of toys and said, "This is from S
ta Claus, we're his helpers. His re
deer are having trouble in this sto
and he asked us to drop this off."

The man started to cry. "There
Santa Claus," he said. It was hard
hide my own tears.

After that, it seemed only fitting
call my project "Santa's Helpers."
we were missing was a Santa Cla
Then in 1982 the local paper ran
article about our project. The night
appeared I got a call from a man w
offered to play Santa. Not only did
dress up and pass out presents, but
sang Christmas carols with the ki
I've had a Santa ever since.

Today there are more than eig
hundred people on my Christmas lis
get the names of these families, alo
with the ages of the children, fr
churches and charities in the St. L
is–Metro East area.

I shop for gifts all year, beginni
the day after Christmas. Each pers
gets items geared to his or her a
Parents get two gifts apiece, as do
fants, and all other children get fi
except teenagers who get three
cause the items they want are m
expensive. I start wrapping them
November and tag each with the p
son's name.

I buy from wholesale houses a
shop clearance sales. To decide what
buy for the kids, I talk to children
toy stores. I ask them what they li
and what ages the items are approp
ate for. Then I buy as many of each t
as I can. I store them all in my bas
ment and closets!

Although most of the money com
out of my pocket—last year, I spe
about $6,000—there are plenty
Good Samaritans who make donatio
For the past several years one wom
has knitted Barbie doll clothes. Anot
er year the St. Louis Cardinals don
ed thermoses and baseballs. And
1988 the Kangaroo shoe company d
nated sneakers, toy cars and tote bag

People often ask me how, year aft
year, I find the energy and motivati
to keep it all going. My answer is sir
ple: When I walk into those homes a
see the joy on those little faces—a
the tears in their mothers' eyes–
don't know how I could ever stop.



"And only three months ago
was saying, me fall in love? Now,
I can't remember life before her."

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Photos, Yesti Mendoza

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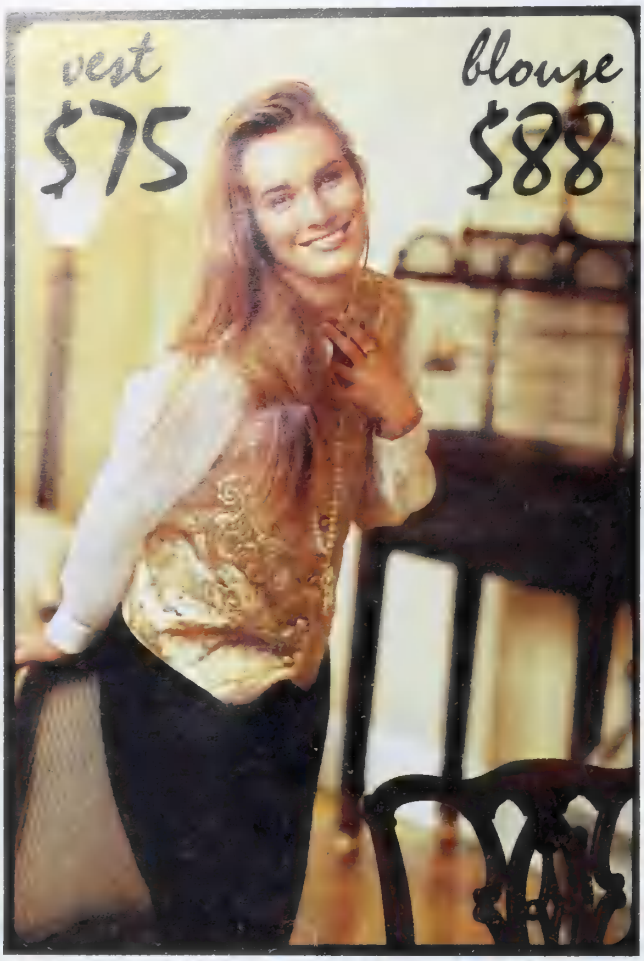
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Capture the rapture in our favorite sophisticated but simple dress. In tony black velvet and above-the-knee length, it's elegant enough for a dinner party, luxe enough for New Year's Eve. Dress by Xzek.



Model, top and left, Lara Harris of Name; above, Chris Garner of Ford. All makeup these two pages, Rex; hair, Tony McAulay. Details, page 207. ▶

Photos, Nesti Mendoza



SOPHISTICATED EVENING SEPARATES CAN BE AS ALLURING AS DRESSES. TRY VELVET PANTS, FANCY VESTS AND SILKY BLOUSES

The very latest pairing for P.M.: Slip on a luxurious blouse and top with an opulent vest. White silk organza blouse, J. Crew; embroidered vest, Regina Porter.



Sheer blouses and full, soft trousers are the hit of the year—polished, feminine and, best of all, *comfortable*. Pants and blouse in bordeaux georgette by Vanda Mazzeo. Models Angela Wilde of Next and Chris Garner of Ford (left). Details, page 207.



blouse $46 trousers $118

Romantic favorites for holiday fetes? Old-world, Victorian-inspired velvet-and-lace updates. Cotton blouse, Dividends by JC Penney; velvet trousers, J. Crew.



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Treats for him

Iron Rugged Travel Kit by Coty: 1 oz. cologne, 2 oz. shave cream, 2 oz. shampoo, $14.95. That Man Razor Set by Revlon: 1.7 oz. flacon That Man cologne, plus black-and-gold razor in a sleek black attaché-shaped gift box, $20.



Treasures for her

Tiffany by Candlelight: an art deco crystal candle holder with votive candle and silver-plated Tiffany-engraved cover and 1 oz. eau de parfum in an atomizer, $85. LouLou Les Amusements by Jean Cacharel: 1.7 oz. eau de parfum spray and 6.67 oz. perfumed body lotion in a pretty box, $50. First de Van Cleef & Arpels, Les Trois Delices: 2 oz. eau de toilette spray, 1.7 oz. perfumed shower gel and 1 oz. dusting-powder shaker, $48.

Treasures for him

Obsession for Men by Calvin Klein: 4 oz. cologne, $37. Drakkar Noir's Power Time by Cosmair: sport watch with 1.7 oz. eau de toilette, $55. Armani's Refined Essentials by Cosmair: 1.7 oz. eau pour homme, 1.7 oz. after-shave lotion, $45. Halston Limited for Men, a Compelling Celebration, by Prestige Fragrances Ltd: 2 oz. cologne, 2 oz. after-shave lotion, $35.





Photos, Nesti Mendoza

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KEN ARETSKY, RESTAURANTEUR.

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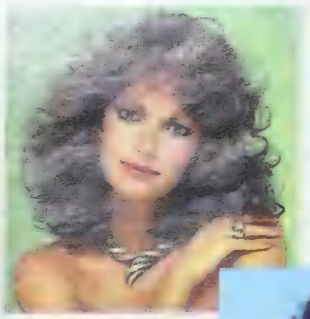
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5'1"	95-145	–	146-185
5'2"	90-130	131-150	151-190
5'3"	90-125	126-155	156-195
5'4"	95-120	121-160	161-195
5'5"	110-115	116-165	166-195
5'6"	–	105-165	166-190
5'7"	–	105-165	166-185
5'8"	–	110-160	161-180
5'9"	–	115-150	151-175
5'10"	–	120-145	146-170
5'11"	–	125-140	141-170
6'0"	–	–	141-160

evening wear for your legs.









Going-out GLAMOUR

HERE, TIPS FOR REAL P.M. PIZZAZZ FROM BOB SIDELL, MAKEUP ARTIST TO THE HOT HOLLYWOOD STARS

Five minutes to fab skin The key to great-looking makeup is flawless skin. Bob's plan will improve skin quality in ten days. ■ Steam face with a portable facial sauna or a hot (bath temp) moist washcloth held to your face for ninety seconds. ■ Gently massage cleanser on wet skin; rinse. ■ To tighten pores and tone skin, apply an alcohol-free toner to a damp cotton puff and smooth lightly over face and neck. ■ Moisturize face and neck, massaging with fingertips in an upward circular motion. **Tips for a beautiful mouth** ■ Line lips for a polished contour and to prevent color from bleeding. ■ Apply lipstick and blot with tissue. ■ Dab lip area with loose powder—remove excess with a makeup sponge, then apply a clear lip gloss to revitalize color. **The bonus of blush** It brightens your complexion and can contour the shape of your face. ■ To slim a round face whisk blush under cheekbones. ■ To play up high cheekbones, apply color on cheekbones and blend well. **Eye openers** To erase circles try the trick actresses count on. ■ Apply a thin layer of peach cream blush to dark areas only. ■ Smooth on foundation; blend. ■ When lining eyes tilt corners up slightly for a youthful expression.

Aspire higher search

Congrats to Chris Heath of Ossining, New York, winner of the Sugar-Free Jell-O® Desserts Aspire Higher$_{sm}$ Search that benefits the Women's Sports Foundation. Her winning letter: "As a working mom of four, I 'aspire higher' by being realistic about my life. I balance work and kids with a part-time business at home—I'm a free-lance editor and writer. I eat a balanced diet and keep fit by running three times a week. The key to my routine is getting a good night's sleep!"

CHRIS'S TOP-NOTCH TIPS: ● I play with my kids—I run after the soccer ball, jump rope and do chin-ups right along with them—I don't just watch them play. ● I take advantage of the seasons and teach my kids everything from sleigh riding and ice-skating in the winter to swimming and canoeing in the summer. ● I cook with my kids as often as I can—we make easy snacks and meals, such as English-muffin pizzas, oatmeal cookies and, yes, Jell-O® filled with fruit. ● I don't buy junk food—if it's not in the house, the kids and I can't grab it!



winner

Chris won a trip for two to Hawaii and an appearance in January 1990 on Ada Janklowicz's *Basic Training Workout* on ESPN

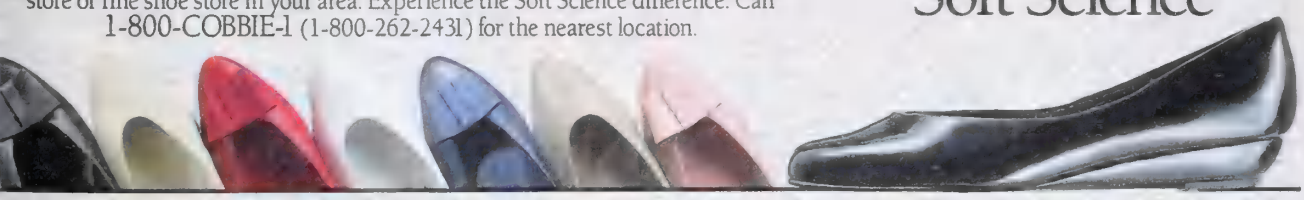
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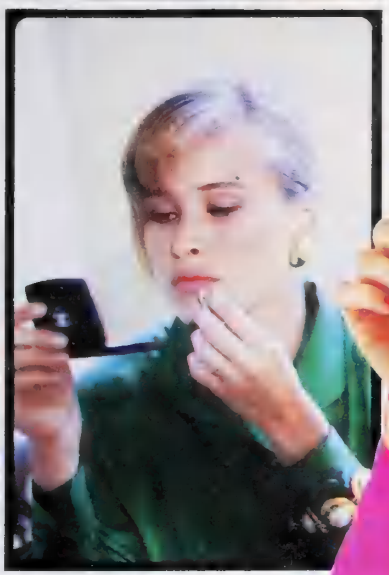
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Holiday health and beauty guide



A must-have minibook of tips and tricks to help you sail through the season looking and feeling your very best



HOLIDAY PARTY STOPPERS... AND HOW TO FIX THEM FAST

DON'T LET THESE COMMON BUT ANNOYING LITTLE PROBLEMS RUIN A GREAT TIME. . . .

CURB A WINTER COLD No one has to know you're sick: Relieve a runny nose with an over-the-counter cold medication, and camouflage a red nose and eyelids with a green corrector (one of the best: Christian Dior Poudre Compace in Tender Green). Keep eye makeup subtle—choose a neutral matte shadow, waterproof mascara and a white or light blue pencil to rim lower lids (brightens eyes!). Smooth dry lips with a moisturizing gloss. Our pick: Yves Saint Laurent Automatic Lip Gloss in Parisian Pink.

AVOID MAKEUP ALLERGIES If you don't remove eye makeup thoroughly every night, makeup particles can become embedded in the lining of the eyelid, causing red, itchy, inflamed eyes. Remove all eye makeup and discard any eye makeup you've had for six months. If the condition persists, see a doctor—for now, try over-the-counter eye drops or compresses of cotton soaked in ice water. Give your lips star treatment—wear dark glasses and a big smile! ▶

ZAP BAD BREATH For a quick fix, freshen your mouth with chlorophyll or breath mints, or munch on a sprig of parsley (a typical crudité garnish that's a natural freshener). These are, however, only temporary measures—the high alcohol and sugar content in most breath fresheners actually increases production of the enzymes that *cause* mouth odor. The only long-term cure is regular brushing and flossing to remove plaque and debris that lead to bad breath.

CONTROL STRESS ACNE Even if you never break out, your skin may be blemished during the stressful holiday time. Use water-base foundation, and keep skin matte with loose translucent powder. Treat blemishes with an over-the-counter acne treatment containing salicylic acid, sulfur or benzoyl peroxide. Use a medicated cover-up like Noxzema Tinted On-the-Spot Acne Medicine. Know that an acne cyst can be cleared up in a day by a dermatologist's injection of cortisone. Avoid future stress-related breakouts by taking up yoga, meditation and exercise.



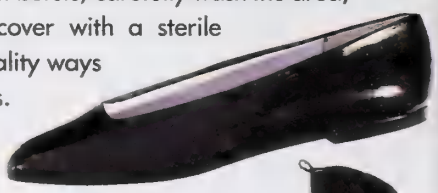
Nesti Mendoza

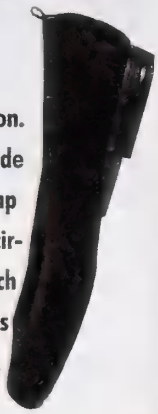
"Oh, my aching feet"



IF YOU COULD HAVE DANCED ALL NIGHT BUT YOUR FEET FAILED YOU, DON'T TAKE ANOTHER STEP UNTIL YOU READ OUR FOOT-CARE CUES AND RULES FOR CHOOSING SHOES

Proper foot care is essential, especially during the holidays: Hours of shopping and a frenzied pace may lead to general foot pain, boots and socks can cause fungal infections such as athlete's foot or foot odor, and winter sports can cause foot strains and tenderness. Reduce the risk of infection by regularly cleaning and thoroughly drying feet, particularly between toes, where infections begin. Moisturize feet with a urea-base lotion, sprinkle an antifungal powder on feet and in shoes and socks. If a blister develops, never break it. If it bursts, carefully wash the area, apply an antiseptic and cover with a sterile bandage. Below, salon-quality ways to pamper sore tootsies.





Quick fixes for beat feet

■ Kick off your shoes and elevate feet for at least five minutes to reduce pressure and improve circulation. ■ Refresh feet and legs with a minty lotion like Clarins Energizing Emulsion or a spritz of chilled eau de cologne. Other soothing lotion ingredients include chamomile, basil, sage. ■ Wrap ice cubes in a damp washcloth and rub over feet up to ankles. ■ Slather feet with a rich cream and massage with thumbs in a circular motion. Start at the ball of the foot and work toward the heel, then back toward the toes. Massage each toe individually. ■ Roll ankles and flex feet to prevent blood from pooling in feet. P.S. Regular pedicures that include a thorough foot cleansing, massage and toenail trim help maintain foot health. Use an exfoliating lotion weekly followed by a moisturizer; protect with thick cotton socks before bedtime.

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feeling good



In step now are luxe black suede pumps, clockwise from top: Joan & David, Perry Ellis, Bruno Magli

Nesti Mendoza



Easy-on the-feet black flats, from top: 9 West, OMO Norma Kamali and Ralph Lauren

HOW TO FIT FEET TO A TEE

■ The most important fit spot is the front of the shoe—make sure you have enough room to wiggle toes in the toe box. Avoid pointed or tight fits. Tip: Never believe a salesperson who assures you a tight shoe will stretch to fit. Leather shoes do give, but only slightly. ■ There should be an index-finger's width between the tips of your toes and the front of your shoes. The sole should be as wide as your foot. The heel should feel centered under your heel—curved or stacked heels usually do. ■ If you choose an open-toe or sling-back style, your foot should not extend over the shoe. Check toes and heels while standing up. ■ Avoid shoes with heel backs or uppers that are cut so high they dig into your heel or the top of your instep. Don't choose a low-on-the-toes cut that bites into the knuckles of your toes. ■ Choose shoes with soft, all-leather lining or padded lining for comfort and breathability. ■ Before you buy, flex-test shoes. The soles should be flexible enough to enable the foot to bend with a minimum of effort.

BLACK HIGH-VAMPED PUMPS WITH CURVY HEELS AND DRESSED-UP FLATS ARE THE STYLES OF THE SEASON

If you love high heels, save them for special occasions and wear for only a few hours. Why? Believe it or not, every inch you go up in heel height increases the weight on your feet by 50 percent—thereby putting that much more pressure (and pain!) on the balls of your feet. For maximum comfort we love the wide range of great-looking pumps and flats in the stores now for the holidays. Put your best foot forward in black suede or patent leather with fancy footnotes like bows, crests, embroidery, pearls and sequins.



WHEN YOU EAT TOO MUCH

By Michelle Lodge

'TIS THE OVERINDULGENT SEASON WHEN STUFFING'S NOT STRICTLY FOR THE BIRDS. WHEN THE YULETIDE WASHES IN, SO DO WAVES OF EGGNOG SPIKED WITH RUM, CHESTNUT-AND-SAUSAGE DRESSING, GIBLET GRAVY AND SYRUPY CORDIALS. FOLLOWED, OF COURSE, BY WAVES OF INDIGESTION. SOUND FAMILIAR? READ ON.

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"On Thanksgiving and Christmas, emergency rooms are full of people with digestive problems," says Burton Korelitz, M.D., chief of the gastroenterology department at Lenox Hill Hospital, in New York City.

With a little care, however, you *can* have your cake (and cookies and eggnog) and eat it, too. Below, a look at the causes and cures of some of the most common digestive ills.

Going for the burn

Heartburn—which often, but not always, occurs with overeating—is marked by burning chest pain that can sometimes mimic the pain of heart disease. Heartburn occurs when the esophageal sphincter—the ring of muscle at the entrance to the stomach—relaxes inappropriately or is weak, allowing stomach acid and partly digested food to back up into the esophagus (known as the food tube), explains Mark Lloyd, M.D., gastroenterologist at the University of Wisconsin Hospital and Clinics, in Madison.

To prevent an attack eat moderately, and avoid excess fat, coffee, chocolate, alcohol and cigarettes, all of which can relax the esophageal sphincter. If heartburn does strike, over-the-counter antacids can ease the pain temporarily by neutralizing stomach acid. Severe or chronic heartburn may require prescription medications such as Tagamet and Zantac, which suppress acid secretion. A drug that may be prescribed for some severe, acid-related disorders is omeprazole (brand name Losec), which was recently approved by the Food and Drug Administration (FDA). This drug shuts down stomach-acid production.

That too-full feeling

Too much food and too many carbonated beverages can lead to bloating, which often occurs in tandem with heartburn. The best way to prevent this problem is to stop eating before you're completely stuffed; if you're prone to bloating, avoid any fizzy beverages.

If bloating does occur, stop eating and drinking immediately. Although there's no medication to ease bloating, a hot bath may help, since water relaxes abdominal muscles and encourages the passage of gas.

An embarrassing problem

Severe gassiness—marked by pain, abdominal distension, belching or excessive flatulence—often accompanies heartburn and bloating. There are two main ways excess gas can enter the intestinal tract: First, a person may swallow air while eating or talking. Many foods—such as beans, milk, bran, raw vegetables like cauliflower, Brussels sprouts, broccoli and cabbage—also contribute to the problem, says Robert Fisher, M.D., chairman of the gastroenterology department at the Temple University School of Medicine in Philadelphia. These foods produce a considerable amount of gas during the digestive process.

While occasional gassiness is nothing to worry about, prolonged or repeated attacks should be reported to your doctor; she or he must rule out abnormalities in the gastrointestinal tract. If you suspect your diet may be causing the problem, cut back on gas-producing foods and beverages. Eliminating chewing gum and hard candy and eating meals slowly may also help.

A common symptom

Diarrhea is a common symptom of some types of flu and food poisoning and may occur after eating spicy food. It can also signal problems such as lactose intolerance, which is caused by a shortage of the enzyme lactase. This enzyme is needed by your body to digest the milk sugar in milk products.

If you suspect you may be lactose intolerant, eliminate milk products from your diet, or eat them in moderation to see if symptoms abate. Try using commercially available lactase additives, which aid digestion.

Sensible feasting

Enjoy a tasty, *sensible* holiday season by following these tips from Gail Underbakke, R.D., of the University of Wisconsin Hospital and Clinics in Madison, and New York City nutritionist Bess Schaeffer, R.D.:

- Don't starve and stuff. If you anticipate a special feast, eat modest but regular meals the rest of the day. That way you'll be able to put on the brakes before a bout of indigestion brings you down.
- Limit your intake of high-fat, heartburn-causing food and drink, such as ice cream and eggnog.
- Sample party foods such as cheese, spicy sausages and stuffed mushrooms sparingly.
- Position yourself away from the hors d'oeuvres table. When it comes to making merry, it's better to exercise a little restraint now than to ring in the new year feeling uncomfortably stuffed. ■

Tohru Nakamura

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TODAY'S CHEVROLET





Robert Sherbow

Millions of homeless people, far from being stereotypical derelicts, are families like the Toneys (left) and the Leverknights (below)

A TOWN WITH PITY



As homelessness has spread from the cities to the suburbs, we've read all too often of the hostility it provokes. Here, a different story: a tale of a town that reached out to our most vulnerable group of people

By Michael J. Weiss

In recent years, Americans have become accustomed to the sight of people living, sleeping and barely surviving on the streets of the nation's big cities. But the latest victims of homelessness have shattered that stereotype: Women wander shopping malls, carrying their possessions in a few paper bags. Hungry children rifle dumpsters outside the fast-food restaurants that line suburban roads. Entire families live out of beat-up cars in county parks. Homelessness, once dismissed as an urban plague, has hit suburbia.

Nobody knows the exact number of homeless people—although in 1990 the Census Bureau will try to count them for the first time—but the National Coalition for the Homeless (NCH) reports that each year as many as three million men, women and children wake up to the nightmare of having no place to live. That is a 50 percent increase over five years ago. And social-service agencies estimate that nearly a quarter of those people are in suburbia.

Such abject poverty in the midst of affluence has many causes. Although studies indicate that at least one third of all homeless people are drug addicts, alcoholics or mentally ill, the lack of affordable housing is at the root of much suburban homelessness. Between 1981 and 1989, federal funds for building low-income housing plummeted nearly 80 percent. And suburban developers have been concentrating on the upscale market at the expense of more moderately priced residences. Overall, the construction of low-priced apartments declined by 75 percent between 1986 and 1988, according to the National Association of Home Builders (NAHB). Among the hardest hit by the housing crunch has been the working poor—those who have jobs but still cannot afford any kind of housing. "For the first time, we're seeing homeless men and women with full- or part-time jobs," says Mary Ellen Hombs, a policy analyst for the NCH.

But all too often, the problem of homelessness, whether urban or suburban, has been met with little sympathy or compassion. In fact, many communities have responded with what's known as *(continued)*

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A TOWN WITH PITY

ontinued

IMBY attitude—not in my back-l. Phoenix, Arizona, has zoning or-nces to ban homeless shelters ughout the city. Last year, Miami ials briefly considered arresting le who slept in public places. And ortland, Oregon, residents so vig-sly protested against a proposed ity that the shelter operators were ly forced to postpone their plans finitely.

would not have been surprising, , for the residents of the Washing-D.C., suburb of Reston, Virginia, react in a similarly fearful Built as a planned community in sixties, Reston is a collection of sh split-levels and well-tended s in the lush Virginia countryside. affluent residents—the median ehold income is $60,100 and the ian home value is $160,000—seem removed from the ills of urban rica: poverty, unemployment and abuse.

nlike the NIMBY towns, however, on has a long history of communi-tivism. One of the town's founding ciples was to provide housing for socioeconomic classes. "From the nning it was made clear that this ld be a community where everyone welcome," says Martha Pennino, Fairfax County supervisor who esents Reston. But in the early ties, Reston residents became con-ed when they noticed an increas-number of homeless people sleep-in the community's woods, under ges and in laundry rooms. Local ches responded quickly, taking s providing meals, cots and coun-g. Embry C. Rucker, Reston's first copal rector, established several nunity groups to help the town's ier residents with jobs and medi-services, happily discovering that rely lacked for volunteers. "There something special about the will-ess of people here to help in com-ity activities," Rucker says.

hen the homeless problem only ened, church and county officials n planning Reston's first perma-shelter. Backers proposed build-he facility in the center of town, from residential areas. And at ic hearings, there was little oppo-n to the plan. "There's a sense that if some people are having a time, the rest of the community ld support them," says Mary Ann igan, a longtime Reston resident.

be sure, not all the townspeople omed the shelter. Martha Pennino ls the hostile phone calls of one constituent who lived not far from the proposed site. "He was just plain nasty," she says. "But I told him there was no way the shelter was going to affect the quality of his life." To prove her point, Pennino transformed her conference room into a homeless shelter that housed up to thirty-five people each night for almost a year.

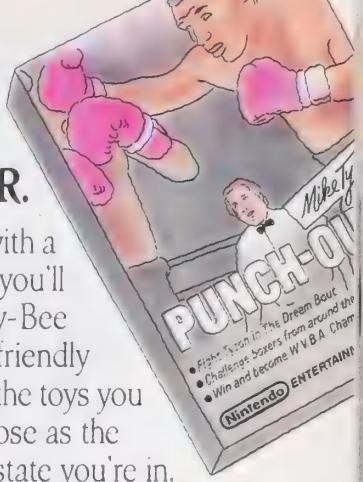
In December 1987, Reston opened its first permanent refuge for the homeless: a $1.4 million, sixty-bed facility that it eventually named the Embry Rucker Shelter, for the town's pioneering activist. In contrast to the grim warehouses that serve as shelters in many cities, the Rucker facility is a bright, modern building with a recreation room and a library. Its twenty counselors help residents with everything from fighting drug problems to finding jobs. And since the shelter's opening, more than four hundred townspeople have devoted about four thousand hours to the project.

But despite the community support, shelter residents must still be willing to help themselves; they are required to set out daily to seek jobs and apartments. "You can't stay here and watch soap operas all day long," says shelter director Jana Graves. "We're very proactive." In theory, families are limited to three months in the shelter, but Graves allows them to stay longer if they're working on self-sufficiency. "You have to want to be willing to deal with what caused the homelessness," Graves says, "so we can help you break the cycle."

Today, the shelter has a national reputation for doing just that. In its first twenty months of operation, it provided shelter for 1,333 clients, including 149 families. And several hundred of those residents have found jobs, housing, or both. Shelter officials admit that those numbers don't amount to an antidote for the homeless problem: A recent survey found that the number of homeless people sheltered throughout northern Virginia increased by 81 percent in 1988, to more than 12,800, and up to two hundred people are turned away each month by Rucker.

True to early predictions, the shelter has created few problems for the residents of Reston. "People are very positive about the shelter," says Linda Carruthers, a local florist. "They recognize that it's filling a real need." Occasionally, homeowners will complain about shelter residents who skip their assigned programs and, instead, panhandle on local streets. But Graves notes that only a dozen people have been thrown out of the shelter since its opening, most of them for *(continued)*

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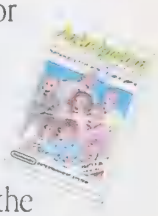




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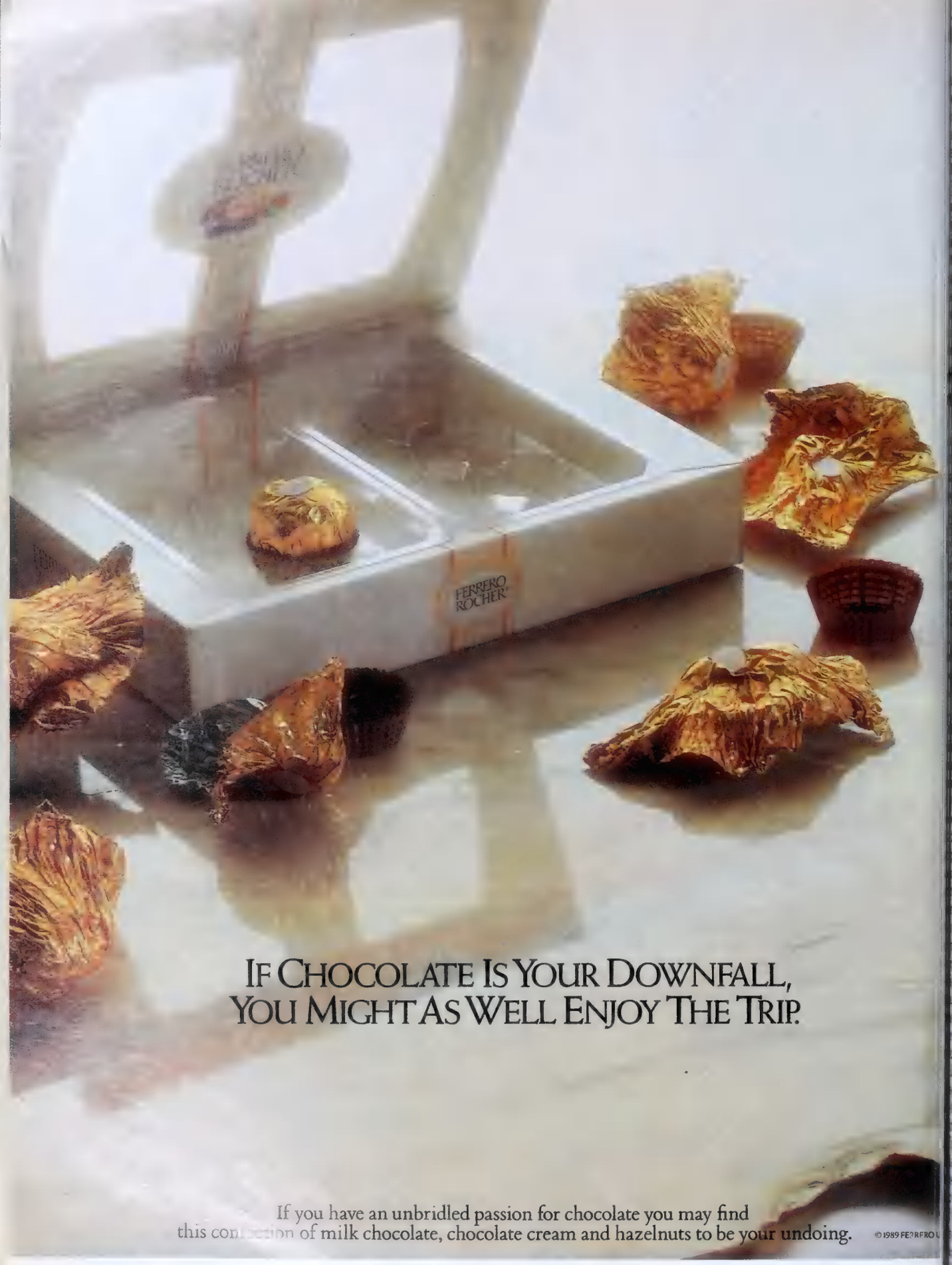
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A TOWN WITH PITY

continued

g abuse or violent behavior. "We 't evict people; they evict themes," she maintains. "They know if they don't follow the rules, 're out."

nfortunately, while there may neve a complete cure for homelessness, ters like Rucker can help alleviate suffering of its victims. And ker's residents, both past and present can attest to the progressive pro- ns that have helped them steady r lives. Especially to families like Toneys and the Leverknights, ker is a tragedy that has a happy ing. Here are their stories.

e Toneys: caping the streets

narrow white room in the family g of the Rucker Shelter, Latrice ey opens her eyes to a counselor's A.M. wake-up call. Padding over to ib, she picks up her two-month- son, David, cooing at the chubby nt in a sweet singsong.

t's hard to share your living space strangers," Toney admits as she ies the infant to the communal room, "but I'd rather be here than he streets."

slight twenty-one-year-old with a el's good looks, Latrice arrived at shelter last April following two s she'd like to forget.

s with two thirds of the peo- who come to Rucker, Latrice's situ- n is rooted in substance abuse. ed in a poor neighborhood in Alex- ria, Virginia, she says, "All I had o was walk around the corner and e were drugs."

ne became pregnant for the first in February 1987, and she used ine throughout her pregnancy. In ber of that year she gave birth to daughter, Raynika, a tiny girl mi- ulously saved from withdrawal ptoms. The infant's father never pted her as his own, and Latrice l to raise Raynika herself, without h success. "I hardly talked to her," says now. "It was change her, give a bottle and leave her. It took her months before she'd smile."

May 1988, social-service authori- concerned by Latrice's drug use, her daughter away from her and her in the care of a great-aunt. at was one of the sadder days of my " Latrice says, her eyes filling for first time. By then, she was addict- o cocaine, and she was thrown out er apartment for nonpayment of . With nowhere else to go, she be- living on the streets. In January), after learning she was pregnant again, Latrice vowed to turn her life around; she enlisted in the Job Corps to train as a clerk-typist. "I got sick and tired of using drugs and being on the street," she says. "I knew I could die or end up in jail." But in April, exhausted by her pregnancy and unable to concentrate on her classes, Latrice quit and came to Rucker, seven months pregnant and unemployed.

"I was very hurt that I had to live in a shelter, but I needed help," she recalls. "This is where you come when you have nowhere else to go."

Nowadays, Latrice is striving mightily to put her life in order. She talks daily with her counselor about landing a job, regaining custody of Raynika—and finding a government-subsidized apartment. For, despite all its enlightened policies, the Rucker Shelter is not a substitute for home. Latrice's narrow room—furnished with a twin bed, a clothes closet, a playpen and a plastic cabinet for David's things—has no sparkle of individuality. She admits, too, that the shelter's regimen is difficult for someone used to the freedom of the streets: The nine P.M. curfew—necessary so shelter officials know how many beds are available for newcomers—drives her to distraction.

"I hate being told when to get up, when to go to sleep, when to eat," Latrice says defiantly. She scowls. "Yeah, we're homeless. Yeah, we need your help. But you don't have to rub it in."

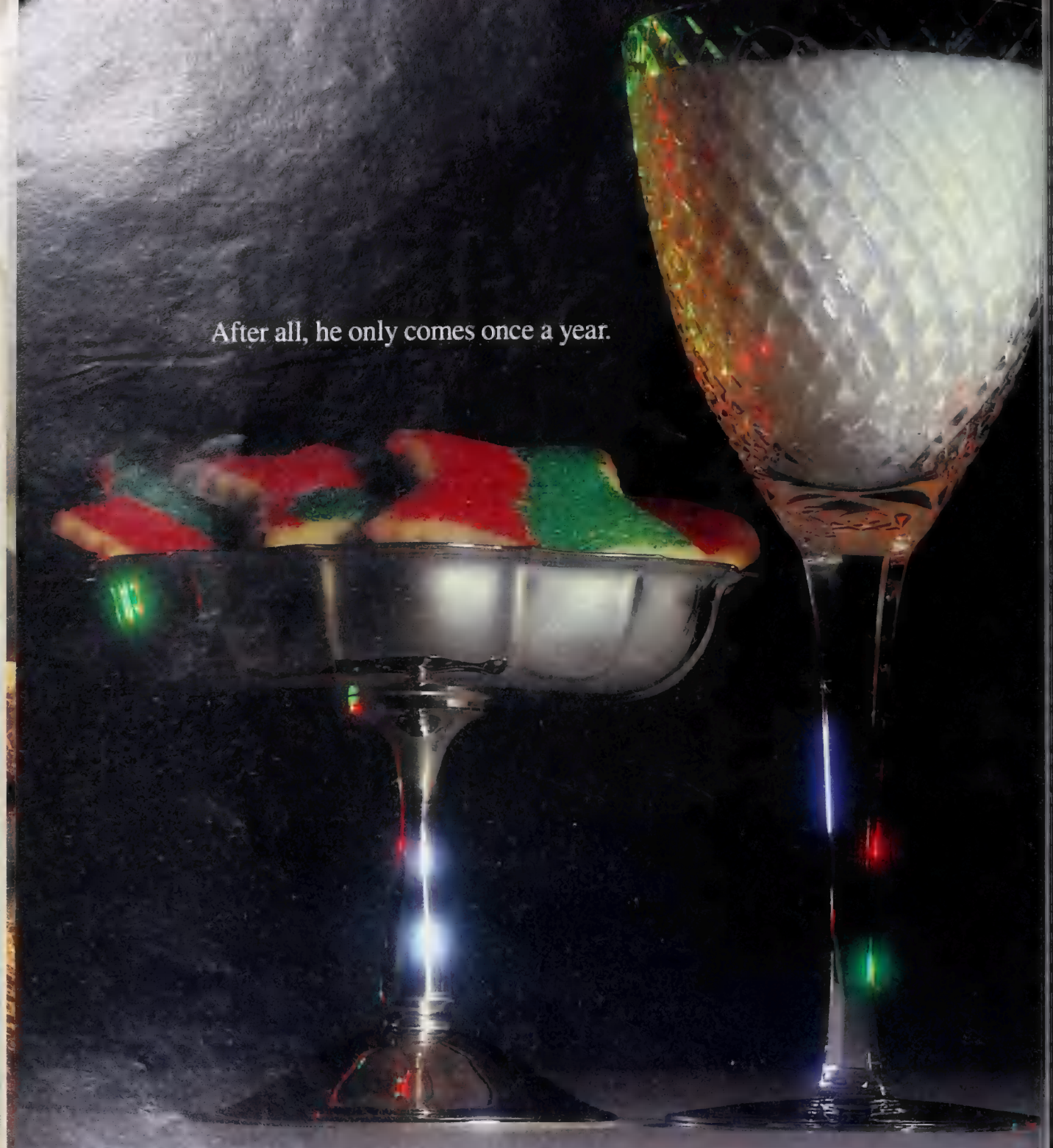
Though months have passed, the young woman has not given up on finding a real home. There's a chance that an apartment will become available soon that will cost her only $85 a month, with the shelter providing a security deposit from a revolving loan fund. Latrice is working, too, at being a better mother, talking to David and hugging him constantly. Sometimes at night, she sits in a lounge area, rocking her baby while she listens to the other residents talk.

The routine at Rucker, while far from the way she'd like to live, has been an oasis for Latrice. "My life is pretty boring right now," she says wearily. "But things are looking up." The young woman is hesitant to share her dreams for the future, knowing how fragile they are. But with the help of the Reston community, the Toneys' season of hope could last well past December.

The Leverknights: back home again

Several miles away from the Rucker shelter, Bill and Alexandra Leverknight sit in their cheery living room, making plans for a *(continued)*





ONEIDA

Shown: Chippendale compote in silverplate and Countess goblet in full-lead crystal.

A TOWN WITH PITY

continued

litional Christmas celebration. y'll decorate an evergreen, attend rch, invite their relatives over for a turkey dinner and shower their nteen-month-old son, William, Jr., presents. "Just like most fam-," says Bill, twenty-eight, "we'll close to home."

he Leverknights epitomize the suc- of Reston's innovative shelter. year ago, they spent Christmas e, after Alexandra lost her job and 's wages couldn't cover their ex- ses. The shelter gave them gifts do- ed by Reston residents: a blouse for xandra, socks for Bill, a playpen for liam. Still, the Leverknights ed Santa had brought them the they needed most: a home.

he Leverknights were typical of fastest-growing group of homeless ericans: families with children. Af- their marriage in January 1988, and Alexandra seemed financially re; he worked as a $9-an-hour k in a woodworking company, and had a steady job as a $4.25-an- r cleaner in a car wash. They paid 5 a month for an apartment in dericksburg, Virginia, happy with festyle that allowed them enough for a down payment on a pickup.

ut when Alexandra's pregnancy le it impossible for her to work, the erknights suddenly found them- es on the edge of financial collapse. y fell behind in their rent, bills and payments. To save rental costs, the ple moved to Fairfax County to live Alexandra's grandmother. There, started work as a $6.25-an-hour k clerk the day Alexandra gave h to William—July 11, 1988. But r nearly four months, the financial dens of the hospital bills and the ined relations between Bill and his aws became too great to ignore.

n November 1, 1988, the Lever- ghts, frightened and ashamed, ar- d at the Rucker Shelter, with noth- but four trash bags filled with nes in the back of their pickup. didn't have enough money to go on our own," says Bill. "And there no one in the family who could in all three of us."

lthough they knew there was no rnative, the Leverknights felt fully humiliated. For days, Bill re- d to tell his relatives or workmates re he and his family were living. "I embarrassed I couldn't provide for n," he says.

radually, the couple adjusted to shelter routine. Alexandra, a pe- twenty-year-old, eventually land- job as a cashier in a *(continued)*

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A TOWN WITH PITY
ontinued

enience store, while Bill worked
ts as a clerk. "It was comforting,
use there were a lot of people to
us," says Alexandra. "But it was
hard to be there. The other resi-
s would get jealous if you started
o well."

mid-November, the Leverknights
d two medical crises: William was
nosed with pneumonia, and Bill
ered a minor stroke. Both were
italized. "I think the stress of be-
homeless brought on the stroke,"
says reflectively. For two weeks,
andra spent her days going back
forth between two hospitals, try-
to cheer up her husband and son.
ne confusion of that time, someone
ne shelter stole her jewelry.

hen the ailing Leverknights had
vered, Bill and Alexandra set out
nd an apartment, and in early Jan-
1989 they found a federally sub-
ed two-bedroom town house, for
a month.

ast January 18, the Leverknights
ed into the town house. Bill spent
first day running up and down the
s, marveling at being in a two-
y residence, and the couple cele-
ed by cooking hot dogs on their
stove.

nce they moved in, the couple have
ked hard at turning their house
a home. The baby's room is filled
stuffed animals, a rocking chair
ght at a yard sale, and a four-post-
ed given to the couple by Alexan-
s grandmother. "Here," says Alex,
safe and homey."

oday, the Leverknights live much
any other young couple in one of
nation's suburban nesting
nds. Last summer Alex joined the
swimming pool committee, and
hbors with toddlers swap toys and
ndhand clothes with the family.

ut the couple worry about anoth-
risis pushing them back on the
ets. Bill works nights, and Alexan-
has a part-time job as a bakery
k; their combined income is
000. And William, because of his
with pneumonia, still must
e medicated humidifier treatments
e a day. "We've got a long way to
says Alexandra.

ill, for the Leverknights, spending
stmas in their own place is a time
ount their blessings. "A lot of peo-
don't realize that there really is no
e like home," Alexandra says.
t ask someone who's lived in a
ter." ■

*hael J. Weiss is a contributing edi-
of Ladies' Home Journal.*

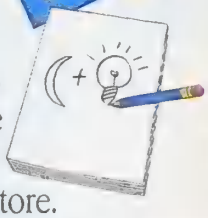
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At sixty-four, Angela Lansbury is in terrific shape—she has a smash exercise video, a hit prime-time show and the lead in a new TV movie, "The Shell Seekers"

STARDOM, she wrote

By Joanne Kaufman

"ANGIE ISN'T BACK JUST YET," ANNOUNCES ANGELA LANSbury's husband as he opens the door to the couple's unpretentious Brentwood home and leads the way through an atrium planted with silver birch trees. "She's still at the dentist."

In his wife's absence, Peter Shaw does the honors: setting out freshly brewed coffee and pastries from the bakery down the street, pointing out the well-tilled, well-tended garden that is Angie's pride and joy and the open kitchen that was expanded because Lansbury loves to cook, giving a tour of the dining room paved with Mexican tile and the living room filled with French country furniture.

Shaw, an executive with Corymore, Lansbury's production company, identifies the assorted family members whose pictures cover the top of the piano. Then he pulls out a photograph from the couple's recent trip to their native England during the hiatus of Angela's hit show, *Murder, She Wrote*. Lansbury was shooting *The Shell Seekers* (based on the best-seller by Rosamunde Pilcher), a Hallmark Hall of Fame special that will air in December on ABC, in which she plays a gray-haired, independent-minded woman at odds with her three grown children. "For the first time," jokes the silver-haired Shaw, who's seventy-one, "I was married to a woman my own age."

The "woman my own age" walks in a few minutes later full of apologies for her tardiness and for her outfit: a gray jumpsuit and brown moccasins. Her hair is becomingly tousled, the makeup is minimal, and the lines are less than one would expect on a sixty-four-year-old woman—thanks to the eye, neck and chin tucks Angela has had over the years. "I planned to be far more elegantly dressed, but I thought I couldn't keep you waiting any longer," she says.

Although she has collected four Tony Awards, been nominated for three Oscars and six Emmys and released a best-selling exercise video, *Angela Lansbury's Positive Moves*, Lansbury doesn't conduct herself like a Very Famous Person. Does a Very Famous Person drive to the airport to pick up her son, daughter-in-law and three grandchildren from a Minnesota fishing trip? Should a V.F.P. be concerned with a possible cobweb in the upper right corner of the high-ceilinged living room? Should a V.F.P. be up at midnight ironing her prize lace tablecloths?

Yes, if *(continued on page 60)*

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WHAT'S HOT

Holiday entertainment

(continued from page 56) she's Angela Lansbury, who worked as a character actress for years, waiting a long time to become a "pop person." Lansbury has made something of a career of playing matrons ten or twenty years her senior who were often terminally nasty creatures. Indeed, Jessica Fletcher would have several episodes' worth of action chasing down all the nefarious characters Angela has played over a forty-seven-year acting career—a scheming maid in *Gaslight*, the wicked Mrs. Iselin in *The Manchurian Candidate*, the diabolical Mrs. Lovett in the Broadway hit *Sweeney Todd*, an up-to-no-good mayor in the short-lived Broadway musical *Anyone Can Whistle*. "I'm playing myself now," Lansbury says with unmistakable happiness. "It's great."







Angela Lansbury first made a name for herself portraying older, often villainous women. Now she says she is thrilled to be playing sympathetic women her own age, such as Penelope in *The Shell Seekers* and Jessica on *Murder, She Wrote*

This is not to say that Lansbury, like J.M. Fletcher, goes poking around in matters that don't exactly concern her, that her voice is as brisk and clipped as Jessica's. "But I do think there's a great deal of me in the attitudes of Jessica," she says. "There would have to be. Jessica walks in and doesn't ruffle feathers. She never causes crises. She doesn't kvetch. She's a very straight-line person because that's the way she functions best."

Lansbury came to play Penelope in *The Shell Seekers* because her daughter-in-law, Lee, insisted. "You *are* this woman, Angie. You must read this book." Ever the dutiful mother-in-law, Lansbury read the book and concluded that no, she wasn't quite the lead character Penelope, who makes a difficult decision that could alienate her children, but "I could be," she says. "I could have been. And I realized this woman was the embodiment of many, many women all over the world who find themselves at certain points in their lives in a dilemma with their children."

Angela faced one of those dilemmas in 1970. By that time her son, Anthony, then eighteen, had become a heroin addict and her daughter, Deirdre, sixteen, was also taking drugs. Angela put her career on hold and moved the family to a small town in County Cork, Ireland. There, she made her son work, remodeling the house the family bought—building fieldstone walls with his bare hands. Deirdre was kept busy as the apprentice cook at a local restaurant. After almost a year of hard work, both were drug-free. Deirdre now runs a very successful Santa Monica restaurant with her husband, and Anthony, the father of three, directs one out of every four episodes of *Murder, She Wrote*. "He's a very good director and he's very good with me," says Lansbury. David, Shaw's son by a previous marriage, is an executive at family-owned Corymore.

Like Jessica Fletcher, Lansbury always maintains control. Maybe she doesn't mean to, but Angela makes many people feel downright inadequate. When she noticed her weight had crept up after the first season of *Murder, She Wrote*, she resolved to lose twenty pounds. She did. And the excess weight has not returned. Angela has the energy level of a woman half her age—she says she feels like twenty-nine—and is determined to do twenty tasks in a day. "My mother used to say, 'Don't do that. Make a list, and if you do two of them, finish them.' " she says. "I try to do twenty and don't finish them."

Currently on the list of twenty things: plans for Christmas. "As you get older you're always trying to recapture Christmases past," she says. "I want to introduce my grandchildren to many of the ceremonies of Christmas that I remember as a child." Such ceremonies include stirring the plum pudding, making the Christmas cake, and cutting cookies from homemade dough.

For Angela, who grew up in London, Christmas festivities began with the arrival of her grandmother from Ireland. The table would be set with the special Christmas tablecloth, and just before dinner the family would dash upstairs to put on party clothes. After the meal, they would play charades. "But the really thrilling thing," she says, "was that my sister and I would have prepared an entertainment, which we would have been rehearsing for three (continued)

Bottom photo, Globe Photos.

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Holiday entertainment

(continued) weeks before. We had to take up the carpet, which was terribly exciting, and then we would sing and dance. We also made refreshments, little sherbety candies that we would pass around during the intermission. I have all those memories in mind when I do Christmas these days.''

When Lansbury came to Los Angeles some forty-five years ago, she worked at Bullock's department store, and if not for her shaky grasp of arithmetic, she might have chosen retailing as a career. Lansbury still may not be great at adding up figures, but she claims to be very good at counting her blessings, notably her forty-year marriage to Shaw. True, it hasn't always been the stuff of big-screen romances. ''We all long for a monogamous relationship, but over a period of forty years it would be fairly extraordinary if one or the other hadn't sometime or another . . . I was no angel at times,'' she admits, ''but Peter and I have grown together.''

That it may be the last season for *Murder, She Wrote* doesn't worry Lansbury, who's currently fielding several movie offers. She might also star in a sit-com or variety show in development by her production company. Thanks to the success of her exercise video, she has just signed a contract to do a fitness book. ''I feel filled with an extraordinary energy and excitement,'' she says, beaming. As Penelope says in *The Shell Seekers*, 'This is my time.' '' ■



Husband Peter Shaw has been by Lansbury's side for forty years

A short story by Rosamunde Pilcher, author of ''The Shell Seekers,'' appears on page 68.



JULIE and CAROL together again

MORE THAN TWENTY-FIVE YEARS AFTER their first smash TV special, Julie Andrews and Carol Burnett are acting up for the third time, but they don't exactly look over the hill. Their holiday special, *Julie & Carol: Together Again*, set to air in mid-December on ABC, is anything but staid. Halfway through "Mama's Rap," a hip song-and-dance number that mocks teens' attitudes toward their graying mothers, the two peel off their baggy tuxedos to reveal slinky sequined mini-dresses—along with shapely figures many a young woman would envy. Then, with a wink, they belt out their credo: "Mama is a winner, Mama is makin' music tonight, so don't worry 'bout Mama, Mama's all right!"

And so she is. In fact, at fifty-six, with three grown daughters, a new house and an upcoming show of her own, Carol Burnett is a lot more than all right. Her new weekly series, *Carol & Company*, is set to premiere on NBC this spring. It will be produced by Matt Williams, who helped make *Roseanne* a hit. Like *The Carol Burnett Show*, which ran from 1967 to 1978, the new venture—featuring Carol and guest stars in a different humorous half-hour story each week—will be taped in front of an audience. ''I like working in front of a live audience—it's so much more human and warm that way,'' says Carol, who has been known to bring down the house with her portrayals of Eunice, the whiny-but-diligent daughter, and Mrs. Wiggins, the extra-shapely, extra-slow secretary.

Although Carol has played several serious roles—as Alan Alda's wife in *The Four Seasons*, a terrorist victim in *Hostage* and the mother of a fallen soldier in *Friendly Fire*—she is, of course, best known for making people laugh. Asked if she thinks she will ever take on the comic mantle of her late friend and mentor Lucille Ball, she replies: ''She didn't leave any vacancy. Lucy was what she always was, and for me, always will be—the queen of comedy—and that's it.'' *(continued)*

By Elliott Sirkin and Dean Lamanna


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Holiday entertainment

(continued) Old pal Julie Andrews, however, is less restrained about Carol's talents, calling her "a brilliant clown." The two have been chums, as Julie would say, ever since Julie's then-manager introduced them in 1960. He insisted they would adore each other. "That's usually the kiss of death with a friendship," remembers Andrews. But to her surprise, she and Carol hit it off. "We just never stopped talking," says Julie, who recently sent Carol an elegant silver tea service as a housewarming present for her new West Los Angeles home. Of their longtime friendship Carol says: "I was in awe of Julie when we first worked together at Carnegie Hall, because she was such a big Broadway star in *My Fair Lady*. Now we just get up and rehearse, and then right after that, during a break, open up and start talking about our lives and our kids."



Andrews and Burnett believe their longtime friendship is based on more than just comedic chemistry. "Somebody once described us," Julie says, "as two kids who suddenly discovered they live on the same block"

Julie & Carol was taped at the Pantages Theater in Los Angeles, just a few blocks away from the drab one-room apartment where Carol grew up. She has written about being raised by her grandmother because her alcoholic mother and father had difficulty taking care of her. Still, Carol insists, "In some ways my childhood wasn't as hard as people think. I wasn't happy having to wear the same blouse to school every day for a week, and I didn't like never being able to afford a decent pair of shoes. But my parents loved me, and I'll remember that this Christmas the way I do every Christmas."

Carol also recalls a very special Christmas gift her grandmother gave her one year: a Cinderella doll. "She had the most beautiful long blond hair and the loveliest dress," the actress remembers. "I never thought in my wildest dreams that I'd get her—she cost five dollars, and Nanny often didn't know if we'd have the money to pay the rent."

There are some holiday memories she would prefer to forget, however. Like the times her grandmother would herd Carol and her mother onto a bus to go and have holiday dinner with an aunt and uncle, who lived in another part of town. Inevitably, she recalls, "a fight would break out right away and we'd have to sing the carols between clenched teeth, while Momma vanished into the kitchen to tie one on with my uncle."

Unfortunately, Carol later discovered that substance abuse appears to run in her family. Ten years ago her oldest daughter, Carrie, entered rehabilitation to conquer her own dependency on drugs and alcohol. Carol now makes regular contributions to the Hereditary Disease Foundation in the hope that researchers will one day decode a genetic link to alcoholism.

Carol is close to all three of her daughters, but she tries not to cling. Divorced six years from producer Joe Hamilton, Carol hopes that Carrie, a twenty-six-year-old actress, Jody, a twenty-two-year-old graduate student in entertainment management, and Erin, a twenty-one-year-old aspiring singer, will want to join her to celebrate the holidays at her vacation home in Honolulu, Hawaii. "They are grown women now, so it's up to them," she says philosophically. "I would never dream of telling them, 'Look, you spent Christmas with your father last year, this time you're staying with me.' "

Living alone suits her, Carol insists. As she says to Julie in "Mama's Rap," "I can do whatever, watch whatever, dress in old jeans. I can pig out on onions and refried beans!" When Julie persists and asks, "Still, you must find it lonely being single again. At your age, don't you find that there's a shortage of men? Come on, don't you long to be married once more?" Carol laughingly retorts, "Of course!" and then adds with that celebrated sense of timing, ". . . if he promises to live next door!"

JULIE ANDREWS: A FEW OF HER FAVORITE THINGS

At Christmas, Julie Andrews always remembers Mary Poppins's favorite advice—but a little bit too late. "I make the most disgusting mulled wine," she admits cheerfully, "and everybody goes, 'Oh, Mum, nobody's going to drink that.' " All it takes, of course, is just *(continued)*

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JULIE AND CAROL
continued

a spoonful (or two) of brown sugar, and then "everybody manages to get it down."

"Everybody" is husband Blake Edwards, the noted director/screenwriter with whom she's made seven films, and the couple's five children—two adopted Vietnamese orphans, Amy, sixteen, and Joanna, fifteen, and three adult offspring from previous marriages. The oldest is actress Jennifer, now thirty-one, followed by MTV video director Geoffrey, twenty-nine, (both Blake's), and twenty-six-year-old actress/writer Emma Walton (Julie's). The family splits its time between Malibu and Gstaad, Switzerland, but to Julie, "the working home is certainly Malibu, because our two youngest go to school there.

"Switzerland is our hideaway, haven and sanity-saver," says the fifty-four-year-old entertainer, "and we try to spend at least three weeks there at Christmas. It's a tremendous family gathering—the house, as a rule, is full to bursting with relatives."

Christmas mornings in the Edwards household follow an established routine says Julie. "We usually start off the morning with a cup of coffee or champagne, and about midday we open gifts. My two youngest children have always brought their stockings to the kitchen, and while I'm scrambling eggs or something they'll sit on the kitchen floor and open them."

Another Christmas tradition, established by her own mother, is one that Julie happily continues. "In order to have the children not just rip open packages and not appreciate what was there, she saved a small gift for the end of the day, which she called a tree gift. It was always to be waited for and to be savored after the bigger gifts were opened in the morning."

Although her parents separated when she was very young, the Christmases of Julie's childhood had the right spirit, if not always the proper trimmings. She recalls: "For me it was a time when my mother tried very hard to pull the whole family together. She was not a homemaker, but with great love, I'd say that she worked extremely hard. The chicken—we rarely could afford turkey—was utterly greasy, and things were hurled at the tree, but they stay in my mind as being very warm and loving times."

Family closeness is something else Julie has carried on: Her twenty-year marriage to Edwards has flourished on both the personal and professional levels. Indeed, by casting his wife in less-than-squeaky-clean films such as *1 S.O.B.* and *Victor/Victoria,* Blake h been credited with helping her brea free of the Maria von Trapp she fe into early in her career. But in real li Julie persists in being a do-gooder. Sh has worked with UNICEF and Sav the Children while sponsoring sever foster children around the world.

Already the author of two children books, *Mandy* (1971) and *The Last of t Really Great Whangdoodles* (1974), sh is currently at work on a third. Title *Babe,* the story concerns a tiny cat an its travels around the world with a sai or who keeps it in his pocket.

Julie's writing career was launche inadvertently when she lost a bet t her stepdaughter. "One summer whil Blake and I were trying to make movie in Paris, the kids were with u and we were living in a hotel. Teet weren't being brushed, and laundr was all over the floor. It was chaos. She suggested a game in which anyon who didn't do his chores would pay forfeit. But her young stepdaughte Jennifer, insisted if she had to d chores, then Julie had to stop swearin or write a story as her forfeit. Th game began. "And I was the first on to lose," laughs Andrews.

Now, what would Mary Poppins sa about that?



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short story

THE SKATES



Jenny made a special gift for her sister. And she received something special, too. But this Christmas the best gift of all was the one she'd keep forever in her heart

By Rosamunde Pilcher

Jenny Peters, ten years old, opened the door of Mr. Sims's hardware store and went inside. It was four o'clock in the afternoon, already dark, and bitterly cold, but Mr. Sims's shop was cozy with the smell of his paraffin heater, and all was adorned for Christmas.

"What can I do for you, Jenny?" Mr. Sims asked.

Not certain whether he would be able to help her, she told him what she needed. "They have to be little lights, like the ones inside the fridge. And then clips, to fasten the lights onto the edge of a box. . . . "

Mr. Sims considered the problem. "Do you want batteries?" he asked.

"No. I've got a long extension cord I can plug into the wall socket."

"Wait a moment while I take a look."

He disappeared. She took her change purse out of her coat pocket and counted out the last of her Christmas spending money.

After a bit, Mr. Sims came back with a little adapter plug and a couple of yards of lights. The clips were meant for bigger lights, but that didn't matter.

"That's perfect, Mr. Sims. Thank you. How much is it going to cost?"

Smiling, he said, "Cash down, you get a ten percent discount. That's, let's see . . . " He did a sum with a stubby pencil on the corner of the brown paper bag. "Three twenty-five."

Relief. She had enough. She handed over her money and was solemnly given change. But Mr. Sims could not contain his curiosity. "What's all this for, then?"

"It's Natasha's Christmas present. It's a secret."

(continued on page 72)



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THE SKATES

continued from page 68

"Say no more. Spending Christmas at home?"

"Yes. Granny's staying."

"That's nice." Mr. Sims handed over the bag. "Too busy to go skating, are you?"

"Yes." And then, truthfully, added, "I can't skate."

"Just a knack," said Mr. Sims. "Like riding a bicycle."

"I suppose so." Jenny took the bulky bag. "Thank you, Mr. Sims, and have a lovely Christmas."

Outside, the cold hit her like a solid thing. It was not dark, because the floodlights in front of the Bramley Arms poured over the flooded, frozen skating rink that the village green had become. A small river, hardly more than a stream, flowed through the middle of the green. It was this river that had burst its banks and frozen. The ice had held for a week, and now it was Christmas Eve, and it looked as though it was going to go on holding.

Standing outside Mr. Sims's shop, Jenny paused to watch the carnival scene: the skaters, the toboggans, the clumsy games of hockey. She spotted her sister almost at once, for Natasha skated with consummate expertise and grace—the way she did everything. She was tall and slender, with blond hair and endless legs. She was captain of both the tennis and gymnastics teams at school, but her great passion in life was dancing. She had been attending dance classes since she was five, with the single-minded ambition of becoming a ballerina.

Jenny, smaller, younger and a great deal more dumpy, went to dance class as well but had difficulty remembering which was her left foot and which her right. And she did little better at sports. Sometimes she dreamed about devoting her energies to something entirely different, like learning the piano. There was a piano in the dining room at home, but piano lessons were expensive—much more costly than the community dance classes. Perhaps, for her birthday, she could ask for piano lessons. But her birthday wasn't until next summer. It was all very difficult.

"Jenny!" It was Natasha, sailing by, hand in hand with another girl. "Come on. Try again."

Jenny waved. Skating looked so easy, but she had discovered it was the most impossible thing in the world. Wearing Natasha's old skates, she *had* tried. But every step was agony, and her feet and legs had shot out in all directions, and finally, she had fallen and hurt herself. But being hurt was not as bad as the knowledge that yet again she had made a fool of herself.

She sighed and set off for home. It was nice walking, with the Christmasy feeling all about her and people's windows bright with the lights of their trees. Her own house had a Christmas tree, too, in the dining-room window, but the curtains were drawn. Indoors, Mum and Dad and Granny were having tea by the fire. They all looked up and smiled.

"Do you want a cup of tea, darling?" Mum asked.

"No, thank you. I'm going to my room."

Upstairs in her little bedroom, she turned on her light and drew the curtains. Her desk was littered with all the bits and pieces needed to make Natasha's present: pots of paint and tubes of glue and bits of cotton wool and pipe cleaners and scraps of ribbon. The present stood, shrouded by a dust sheet, where it had stayed hidden all the time Jenny was working on it.

Now she lifted off the dust sheet and tried to see the present with Natasha's critical eyes.

It was a miniature stage set of a ballet made from an empty wooden wine crate. Two of its sides she had painted green, but the backdrop was a print of an old painting—wintry and pastoral—that she had discovered in a junk shop. The floor she had coated with glue and sprinkled with sawdust, and in the middle she had fixed a round mirror, to make a frozen lake.

There were trees as well, twigs of evergreen that she'd sprinkled with Christmas glitter. For the dancers she had used pipe cleaners and cotton wool and had dressed them in bright snippets of ribbon and scraps of white net.

Now it was done. Finished. Only the lights to fix, which she fastened by their clips to either side of the little theater. Then she plugged in the cord and pressed the switch. Finally she turned off the main light and, in the darkness, turned to see the full effect. *(continued on page 75)*

The Bare Necessities.



Exercise

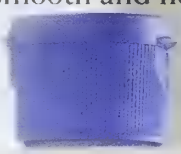


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THE SKATES

continued from page 72

etter than she had ever expected. fect. So real, you could imagine the floodlit figures were about to ng into dance.
urely Natasha would love it.

he best of Christmas was that it was always the same. It was the smell of newly peeled tangerines, bacon and eggs for breakfast. It was king to church in the bitter, frosty and singing "Hark! the Herald An- Sing!," which was Jenny's favorite, rushing home later to see to the ey and light all the fires. Finally, n everything was ready, Dad would "Ready, steady, *go*," and only then ld they be allowed to fall on the ents piled beneath the tree.

his year, Natasha's present had d something of a problem. How to p up a theater? In the end, Jenny covered it with a sort of tea cozy of y paper and carried it carefully nstairs.

ut for the moment, in the excite- t of her own presents, she forgot ut the theater. There was a new p for her bicycle, a shetland sweat- n pinks and blues, and a pair of k patent shoes. From Natasha, a book. And from Granny . . . a large square parcel, wrapped in green paper. Jenny undid it, disclosing a large white box. More tissue paper. Skates.

Beautiful, new, white skates, the blades shining steel, and exactly the right size. She gazed at them with a mixture of delight and apprehension.

"Oh, *Granny*. They're . . . they're *wonderful*."

Granny's eyes, old but very bright, never missed a trick. Now they met her own, and she said, "You can't possibly wear skates that don't fit you. I bought them yesterday because I couldn't bear to think of you missing all the fun."

"We'll go skating this afternoon," Natasha announced firmly. "You've *got* to give it another try."

"Yes," said Jenny meekly, and at that moment remembered the theater, the only gift still unopened. "But now you've got to open your present from me," she told her sister.

The grown-ups sat back in some anticipation. In truth, they could scarcely wait to see what Jenny had been constructing over the last few weeks.

She put the plug into the socket. "Now, Natasha, you've got to take the paper off the *moment* I turn on the switch. *Now*."

Natasha whisked off the paper tea cozy. And there it was, with its lights twinkling on all the glitter, shining from the mirror pond and gleaming on the satin-ribbon skirts of the miniature ballerinas.

For a satisfactory space of time there was total silence. Then Natasha said, "I don't believe it," and everybody started to exclaim.

"Oh, darling. It's the cleverest thing. The prettiest . . ."

"I've never seen anything so enchanting as . . ."

But Natasha, for once, seemed at a loss for words. Finally, she turned to Jenny and hugged her. "I shall keep it, always and always," she said.

By four o'clock, Christmas dinner was finished, the crackers pulled, the nuts cracked. Over for another year. Jenny's parents and her grandmother were enjoying coffee in the sitting room. Natasha, skates in hand, had already left.

"Come on, Jenny. I'm ready," she had called up the stairs.

"I'll come later. I promise."

"All right, then."

The door had banged shut, and she had gone. Jenny was alone. She had been given skates, and she wished she hadn't been given them because she couldn't skate. She was *(continued)*



THE SKATES

continued

bright and. Plus so much of falling downwasn't hurting herself but of making an hint of herself and having to come home and admit the usual utter failure.

She would have given her soul simply to stay home. But she had promised, so she picked up the skates and went out of her room and down the stairs, slowly, one step at a time.

From the sitting room she heard Granny's voice, quite clearly, through the closed door.

". . . such a talented child. The hours she must have spent constructing that little masterpiece."

"She's always been good with her hands. Creative." That was Dad. They were talking about her.

"It's funny . . ." Jenny's mother, now, sounding thoughtful. ". . . that two daughters should be so different. Natasha finding everything so easy. And Jenny . . ."

"Natasha finds everything easy that she *wants* to do." Granny again, at her most brisk. "Jenny is not Natasha. She is a different child. Why should she have to dance just because Natasha sees herself as a budding ballerina? I think you should let her talents lead her in her *own* direction."

"Now, what do you mean by that, Mamma?"

"I listened to her when we were singing carols last night. I think she is musical. Have you ever thought of piano lessons?"

There was a long pause, and then Jenny's father said "no" as if he had never thought of such a thing and couldn't think now why he hadn't.

"You think she'd like that?" Jenny's mother asked. "You think she'd be good at it?"

"A child so talented could do anything she tried if she set her heart to it. She just needs confidence."

Jenny let herself quietly through the front door. Down the path, through the gate, out onto the road.

She paused.

No more dance classes. Just herself, on her own, making music.

A child so talented could do anything she tried if she set her heart to it.

If Granny thought she was as clever as that, perhaps she could. And since Granny bought Jenny the skates for Christmas, the least Jenny could do was try them out.

When she got to the village green, she took off her rubber boots and put on the beautiful, new, white skates. They felt soft and supple, and when she laced them, they hugged her kles like old friends. She stood u the frozen grass and took a step or No wobbles.

On the ice she remembered N sha's instructions. *Put your fee third position and push off.* A bit steady, but she kept her balance. N a big breath for courage. She coul anything if she set her heart t Push. One, two. One, two. She skating.

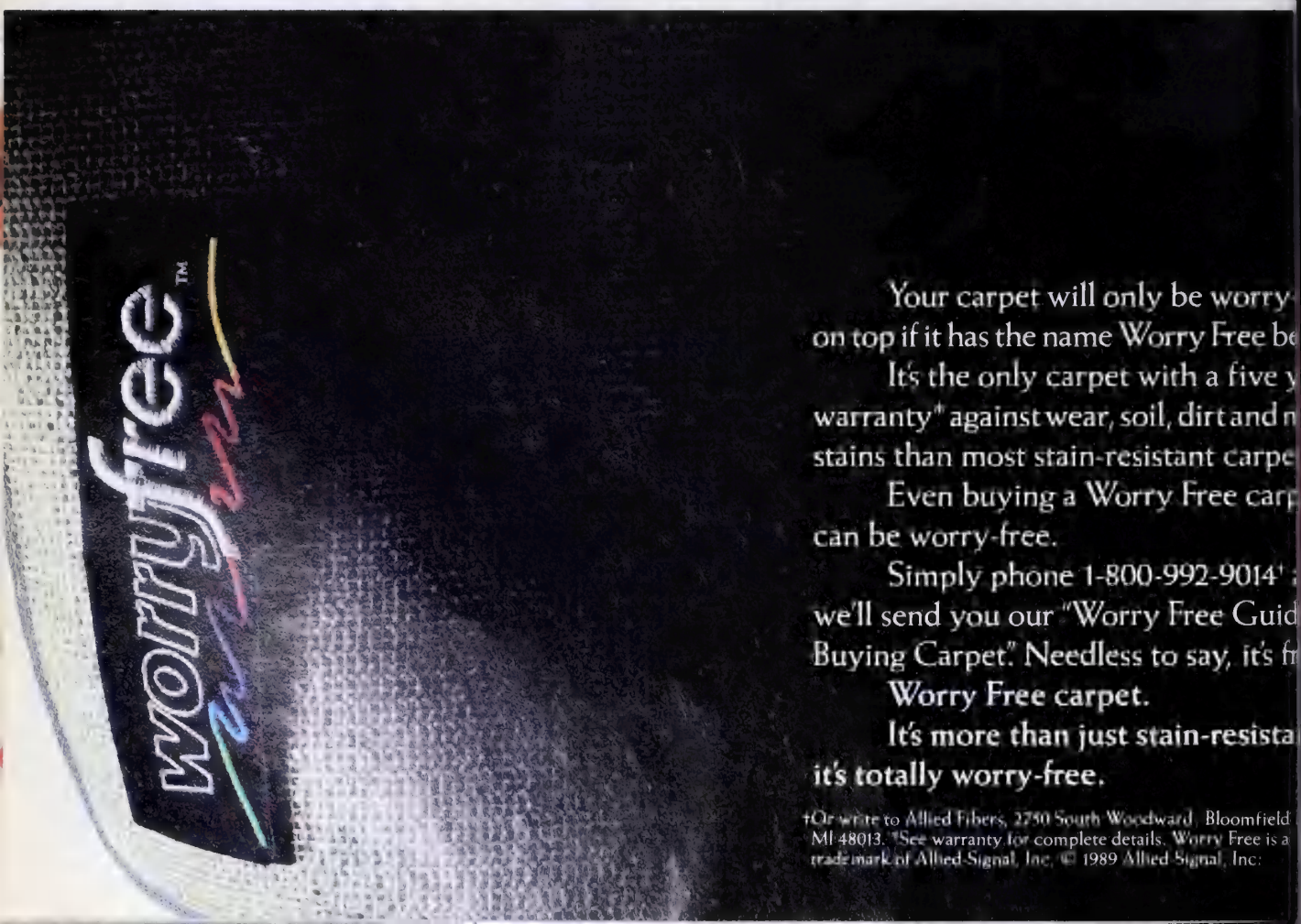
"You're doing it! You've got it." tasha was at her side. "Take my h and we'll go together. Well done!"

They were skating. Two sisters, ing over the ice together.

"The present you gave me was best I had," Natasha told her. "W was your best present?"

But Jenny couldn't tell her. Pa because she hadn't the breath to and partly because she hadn't time to work it out for herself yet. only knew that it had not come i package and that it was something was going to keep for the rest of life.

Rosamunde Pilcher is the best-sel author of the novel "The Shell Seeke "The Skates" was written especially LHJ. Ms. Pilcher lives in Scotland Dundee with her husband, Graham



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TWO FROM THE HEART

Two of our most respected writers share their inspiring thoughts on the value of religion and humor in dealing with life's ups and downs

By Michelle Lodge



Erma Bombeck

"Now I'm more of a one-day-at-a-time person"

America's most beloved humorist has gotten serious this Christmas. She spent two years visiting camps for children with cancer, and the result is her new book: *I Want to Grow Hair, I Want to Grow Up, I Want to Go to Boise: Children Surviving Cancer* (Harper & Row, 1989). In this special interview, Bombeck talks about the book—whose profits will go to cancer research—and about her life today.

What was the inspiration for your book's unusual title?

I asked the kids what they'd want if *(continued)*



Photos from left: Ronia Kasen, Eric Rasmussen.

Rabbi Harold Kushner

"The purpose of religion is to give you strength when you stumble"

This holiday season, America's churches and synagogues are likely to be more crowded than they've been in years. As the population ages, more and more baby boomers are having babies of their own. Not unnaturally, they have begun to think about the need for lasting values, and they are increasingly turning to religion. No one welcomes that trend more than best-selling author Harold S. Kushner. In his latest book, *Who Needs God?* (Summit, 1989), Kushner contends that organized religion is more *(continued)*



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wisdom

Erma Bombeck

(continued) they had three wishes, and I got a lot of the usual: go to Disneyland, own a Porsche. But one little girl said, "I want to grow hair. I want to grow up. I want to go to Boise." And I got to thinking that she had summed it up rather well. Hair is a priority because it's so debilitating to them to lose it. And growing up doesn't seem to be too unreasonable to ask. Boise? I don't know. It just amused me so. It was a title that makes you smile and you don't know why.

What do you think kids with cancer need most?

Understanding. They want so badly to be treated as normal. They don't want to stand out. I remember one girl who said she went to school and the teacher looked over to her and said, "Monica, shut up and sit down."

"Some days I look at life and say, 'Is this a hoot or what?' And other days I say, 'God, this is tough.' "

She told me, "I just knew it was going to be such a good year." Someone *wasn't* going to treat her like an invalid! And they want their disease to be understood . . . we have people who still think cancer can be contagious. It's an ignorance that's not addressed; it's just like AIDS.

Did working on the book change you?

I feel changed. Things that were important before don't seem worth worrying about now. I'm more of a one-day-at-a-time person. I think about the three-year-old boy who threw his arms around me and said, "You know what? I'm going to the circus!" The counselor corrected him, saying they were going swimming. Without missing a beat, the kid said, "You know what? I'm going swimming!" It didn't matter; he would have gone to the opening of a bottle of aspirin. And it made me think—little things, little moments. Go for them.

What's your life like today?

I'm a workaholic. I sometimes lighten up a little on Saturday afternoons and Sunday mornings, but I usually work seven days. I don't have any spare time. I do grocery shopping. I cook. I do a lot of interviews and a lot of correspondence. I work on my forty-year marriage, [to Bill Bombeck, a businessman] and see my kids. And my mom and dad live out here now [Sun City, Arizona]. I also try to have some kind of social life, and I take wonderful vacations a couple of times a year.

You've said that you don't see yourself as a humorist but as a social commentator. Why?

I take that from the scope of stuff that I do. Sometimes I turn serious in the column—I write about mothers of retarded children; I do some bittersweet things on which child you love the best. It's not 100 percent humor, because life isn't like that anyway. I like the idea of the readers feeling there's a woman out there who has several sets of feelings. Some days I look at life and say, "Is this a hoot or what?" And other days I say, "God, this is tough." I think you give yourself a little more credibility when you do that.

Does it get harder to be funny every day?

No, but some days are harder than others. After twenty-five years you do work the same ground, but you come at it from a different direction. One thing in my favor is that I'm really insecure; I'm always looking over my shoulder, and I always think it can all go away tomorrow. That works for me because if I ever become complacent and think, hey I've got it made, what are they going to do, fire me?—the answer is yes. My contract with each of my seven hundred newspapers is a thirty-day contract. If they don't like what they see, they've got an out. So I live month-to-month.

Your best source of material has always been your family. How do they handle it?

They realize that a lot of it is fiction and that people derive pleasure from it. Once my daughter was upset about the attention she was getting at school about my work. I said to her, "It's not like I'm walking the streets in a tight leather skirt, dear." As she grew older, she could see people's faces light up when they read my writing, and it made her feel better.

Have your children turned out as you had hoped?

Yes, they really have. I was on the Johnny Carson show one night, and he leaned over and said, "Any of your kids in the slammer?" I said no. Then he said, "It's a good week, isn't it?" I measure a good week by if their cars are running and if they're not in the slammer. Really, though, they are three individual kids who have found happiness doing what they are happy doing. One son is a writer in Los Angeles. My other son's a fifth-grade teacher. My daughter works down here in a dress shop—I can't afford it! They're healthy and happy, and we're still a close family. And that's the best you can hope for.

What do you still want to accomplish?

I want to be one hundred and thirteen pounds. God, I don't know. I've never had a goal in my life. Money was never a catalyst for me. When something comes up that challenges me, I do it. Sometimes I fall on my can, sometimes I don't. I like to play it that way. It keeps life full of surprises for me. ■

Rabbi Harold Kushner

(continued) crucial than ever in our high-tech world.

Kushner, a congregational rabbi in Natick, Massachusetts, has made a specialty of exploring the connection between religion and everyday life. His first book, *When Bad Things Happen to Good People* (Schocken, 1981), was prompted by an incomprehensible tragedy: the death of his fourteen-year-old son, Aaron, who had suffered for many years from progeria, a rare disease that causes rapid, premature aging in children.

During a recent interview with the *Journal*, Rabbi Kushner discussed the value of belief—not just during the holidays, but throughout the year. *(continued on page 89)*



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Lots of people love just one good cup of coffee. But they have to either brew a full pot or be satisfied with instant. That's why they'll love to get the **Cup-at-a-Time™ Drip Coffeemaker.** It makes one delicious cup of fresh brewed coffee as quic and conveniently as instant. It even shuts off when the coffee is



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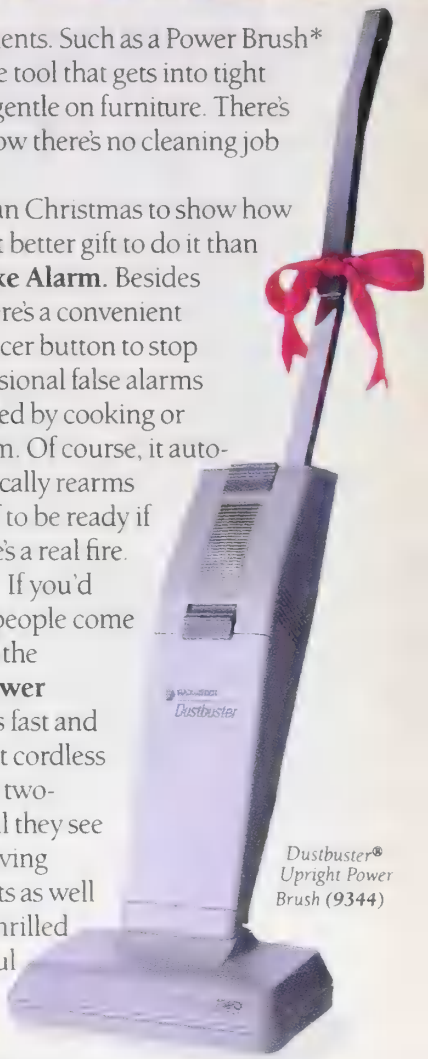
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New Neighbor— HandyChopper™ Mincer/Chopper—a great house-warming helper!

College Student— Thermal Carafe Coffeemaker—keeps coffee hot and fresh for hours.

Bachelor Brother— PowerPro™ Dustbuster® vac—picks up wet/dry messes.

Secretary— Cup-at-a-Time™ Drip Coffeemaker—makes one fresh-brewed cup as conveniently as instant.

Piano Teacher— Handy Shortcut™ Micro-Processor—compact, perfect for everyday cooking.



Spacemaker Can Opener* **(EC60CAD)**

Spacemaker Toast-R-Oven*

present that'll stay busy and out of the way. The **Spacemaker* Can Opener** mounts easily under the cupboard. As soon as it's set up, it'll be hard at work opening bottles, cans, even plastic bags.

Give your friends or relatives some extra flexibility in the kitchen with the **Spacemaker* Toast-R-Oven™ Broiler**. It will have a great future baking, broiling, browning and, of course, toasting. There's even room for a 9-inch pie. And it does all this while saving valuable counter space.

BLACK&DECKER

Nobody likes to struggle with a big food processor or chop away with the old butcher knife just to mince a single onion or slice a few carrots. So why not give them something that's a pleasure to use. One of our compact food processors. They are just the right size for all the chopping, mincing and processing people do every day. In fact, they are so compact and easy to use, they'll earn a permanent place on the kitchen counter.

The new **Handy Slice 'n Shred™** is an especially welcome gift for busy cooks. They'll find it's the easiest way to slice or shred a little or a lot right where they want. It lets them shred cheese right onto a pizza or slice cucumbers into a salad. They'll have no extra bowls to clean. Plus, unlike other slicer/shredders that need extra attachments, this one lets them go from slicing to shredding at the touch of a button.



Handy Slice 'n Shred™ Slicer/Shredder **(HSS60)**

For small chopping jobs that come up all the time, no gift is more appreciated than the **HandyChopper™ Mincer/Chopper**.

In seconds, it chops and minces onions, garlic, nuts a celery. No fuss. No mess. No tears.

Looking for a super gift? Look no further than the **Super Chopper.™** This larger version of the HandyChop is double the size of most other choppers. In addition comes with a special whipping attachment for sauces dressing, mayonnaise and whipped cream.

They're As Welcom In The Kitchen As Home Cooking

Great gifts come in small packages and this is or the best. The new **Handy Shortcut™ Micro-Proces** does virtually everything a big food processor does, b takes up half the space. It's the ideal shortcut for slicir shredding, chopping, mincing and mixing. Everyone you give it to will wonder how they ever got along without it.



HandyChopper™ Mincer/Chopper (HC25)

Super Chopper™ Mincer/Chopper **(SC25)**

Handy Micro-

*A registered trademark of General Electric Co. U.S.A.



Is there a popcorn
n your gift list? Now you can
pcorn fans a quick and easy way
e it with the new **Handy Pop 'n**
™ It air-pops three quarts of
ous, low-calorie popcorn right into
serving bowl. So when they're
unching, there's no extra bowl to

Why not give something that's great
pping up all kinds of homemade
s: the **HandyMixer™ Cordless**
Since it's cordless, it'll go any-
n the kitchen. And the four ver-
ttachments handle everything
hipping cream to mixing batter.
it and attachments all store con-
ly in their recharging base.



One gift that's sure to have a great future making shakes, malts and other delicious concoctions is the **HandyBlender II™ Compact Blender.** Besides having the power and versatility of a traditional blender, its nonbreakable plastic jar is also dishwasher-safe.

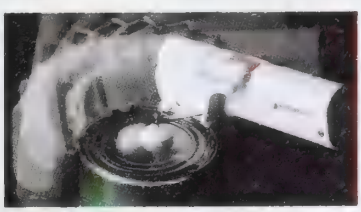


cer™ Cordless Beater

Talk about unique gifts! The **HandyOpener™ Cordless Can Opener** actually
around" the lid of cans all
f in a completely hands-off
on. And since it's
s, they can use it
ere in the kitchen to
ans of any height.



ener™ Cordless Can Opener (KEC160)



HandyBlender II™ Compact Blender (HB15)

Handy Pop 'n Serve™ Corn Popper (HP50)

Peace of Mind....free....from Black & Decker

We all know that being prepared for the unexpected is one of the best ways to keep your family safe. So we at Black & Decker would like to help you protect your family with an offer of a free fire extinguisher.

Here's how to get your free Black & Decker Flamebuster™ fire extinguisher (a $10 value):

1. Buy any three Black & Decker Products, pictured on these pages, before 12/31/89.
2. Send all of the following items to: Black & Decker Fire Extinguisher Offer, P.O. Box 9876, Wethersfield, CT 06109
   a) your name and address and the model numbers of the products you purchased
   b) the original dated sales receipts for all three products
   c) the UPC symbols (see sample) cut from each box. (If the products are gifts, a photocopy of the UPC symbols will be accepted.)
   d) a check, for $2.40, made payable to Black & Decker, to cover shipping and handling

Offer requests must be postmarked no later than 2/28/90. Offer good only in U.S., void where prohibited, taxed or restricted by law. Allow 4-6 weeks for delivery. For prompt processing, mail requests only to address shown.



Thermal Carafe Coffeemaker (TCM402)

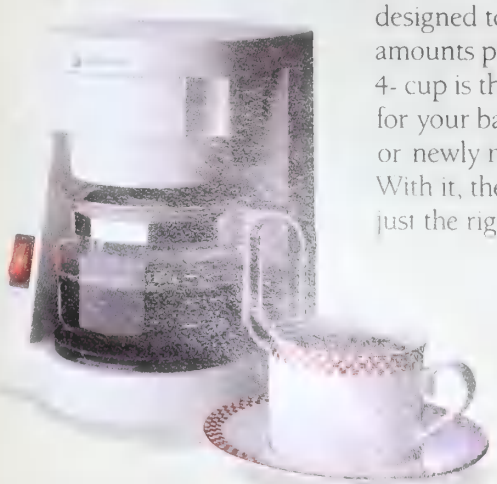
BLACK
DECKE

great-tasting coffee without w
ing a drop.

Every coffee lover on yo
list will get an especially warr
feeling when you give them t
Thermal Carafe Coffeemak
Unlike coffeemakers with a h
plate that burns off flavor, the
advanced Brew-Thru System
brews rich, delicious coffee
directly into the portable ther
carafe. There, the insulation h
in the hot, fresh-brewed coffe
taste for hours. Plus, the attrac
carafe goes right to the dining
room or kitchen table. There's
need for them to get up for a
second cup. And its clock/tim
lets them wake to rich, freshly
brewed coffee. And when the
fee is ready, it automatically sh
itself off.

They're As Dependable As Your Favorite Coffee Mug.

When it comes to filling someone's favorite mug a time or two, nothing does it better than the new **4-Cup Drip Coffeemaker.** Since full-sized coffeemakers are not designed to brew small amounts perfectly, our 4- cup is the perfect gift for your bachelor brother or newly married sister. With it, they can enjoy just the right amount of



Coffeematic® 4-Cup Drip Coffeemaker (DCM400)

Anyone with a crowded kitchen counter is sure appreciate getting a **Spacemaker* Drip Coffeemaker.** They can mount it right under the cabinet to save valuable counter space. Plus, when they go to bed, they can set the Automatic Clock/Timer knowing they'll wake up to the tantalizing aroma of freshly brewed coffee. And, of course, it shuts itself off automatically.



*Spac
Drip Coff
(S*



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*The Automatic Shut-Off™ tronic Iron (**F440WHS**)*

Help your friends take the guesswork out of ironing with the full-featured **Automatic Shut-Off™ Electronic Iron.** Its tone alert and ready light offer them the reassuring knowledge that the selected temperature has been reached. This helps prevent scorching as well as reduce unnecessary waiting time. And they'll have peace of mind knowing the iron turn itself off automatically t unattended.

For friends who are going es, the **Stowaway™ Travel** is great to take along. nty-one steam vents ide the steam performance full-size iron. It packs easily with ompact size and folding handle. And nternational trips, there's even a dual ge adapter and travel pouch.



*Stowaway™ Travel Iron (**F56G**)*

Everyone who has to plow through a pile of wrinkled clothes will light up when they open our top-of-the-line **Advanced System Iron.** They'll smile when they realize how easily it removes wrinkles from virtually any fabric. The secret is its adjustable steam settings that allow them to match the right amount of steam to each item they iron. When it comes to tough wrinkles, a surge of extra steam speeds them along. And nobody has to worry if they leave the iron on because it shuts itself off.

* Call Black & Decker to find nearest store that carries gift 1-800-552-0553

The Easiest Way To Get Wrinkles Out Of The New Year.

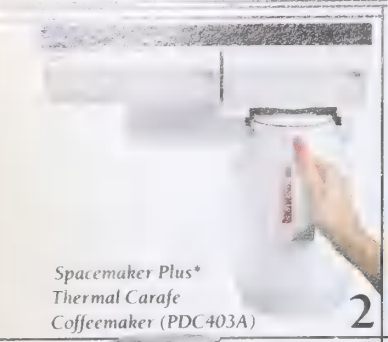
Match the amount of steam to any fabric.

LIGHT	REGULAR	HEAVY	SURGE
Permanent Press Cotton Blends Triacetate	Lightweight Wools & Cottons Cotton Blends	Cotton Linen Wool Denim	Removes stubborn wrinkles



*Advanced System Iron (**F640S**)*

JANUARY

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Spacemaker Plus* Thermal Carafe Coffeemaker (PDC403A) 2	 Dustbuster Plus™ Power Brush (9338) 3	 Cool-Touch Wide-Slot Toaster (T220) 4	 Thermal Carafe Coffeemaker (TCM402) 5
 Handy Shortcut™ Micro-Processor (HMP30) 9	 The Automatic Shut-Off™ Iron (F416WHS) 10	 Super Chopper™ Mincer/Chopper (SC25) 11	 Power Boost 5-Speed Mixer (M175) 12
 Dustbuster® Upright Power Brush (9344) 16	 HandyMixer™ Cordless Beater (9210) 17	 Toast-R-Oven™ Broiler (TR050) 18	 HandyChopper™ Mincer/Chopper (HC20) 19
 Handy Pop 'n Serve™ Corn Popper (HP50) 23	 Advanced System Iron (F520) 24	 Cup-at-a-Time™ Drip Coffeemaker (DCM5) 25	 PowerPro™ Dustbuster Plus™ Wet & Dry Vac with Accessories (DB4000) 26

Each Time You Use Them, You Appreciate Them A Little More.

People are not only pleased when you give them a Black & Decker present, they're happy with it long after the holidays are history.

As the months pass, they grow to appreciate the gift you chose even more. They marvel at how simple it is to whip up everyday meals. Or how quickly they can clean up before company comes. Or how nice it is to wake to the rich aroma of freshly brewed coffee. In short, they come to realize that your Black & Decker gift makes their life a little easier. That's when you're likely to discover something nice as well.

Another thank-you note in your mailbox.

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RABBI KUSHNER

continued from page 80

the 1960s, we all heard the slogan God is ad. Yet today, more and more people em to be returning to God. Why?

e are witnessing the beginning of a gnificant return to religion at two vels. First, there is a fundamentalist vival in all the major religions. I ink for some people, it is partly a ection of modern, liberal Western lues, and partly it's an escape from e perplexity of contemporary life. cond, some people are suddenly con-nting the absence of value in their es, but instead of becoming funda-ntalists, they are trying to reinvent rediscover a spiritual dimension.

es religion have less relevance for baby omers than it did for their parents?

by boomers grew up in a world of evision and jet planes and space ivel. All of these achievements of in don't leave a whole lot of room for ing impressed with God. But I meet ot of very successful people who bear e label yuppie, who are starting to y, "What am I supposed to do with e rest of my life? There's got to be ne better reason for getting up in e morning besides checking on how stocks are doing."

we need organized religion? Can't each us communicate with God on his own?

urches and synagogues exist to take tinct individuals and mold them o something whereby they tran-nd their individuality. The rare in-idual can become religious directly h God, without the mediation of the nmunity, the way Mozart could ite his music without taking piano sons. But most of us learn to be igious not alone, but with people; st of us need a community.

at particular significance does religion e during the holiday season?

not sure religion is more important this time, but I suspect that Christ-s works for some people because of family closeness it promises. The ne is true for Jews at Passover: It's portant for families to get together he Passover seder.

Another reason has to do with its ing. Christmas, coming at a very l, dark time in the Northern Hemi-ere, brings a message of cheer. You d a message that tells you to have e, to be generous, as a way of con-vening the gloomy time of the year.

at relevance does religion have today?

gives an ongoing meaning to life—sonal growth, sharing relation-ps, study, service. But perhaps re than anything else, religion pro-es a sense of being commanded by d. For me, the cornerstone of reli-n is the idea of covenant: that God is happier with us and we are happier with ourselves when we feel commanded by Him and when we've made an effort to live up to His expectations.

What are those expectations?

That we will be moral, which means largely, but not entirely, that we will learn how to control our impulses. That we will be sensitive to the needs of people around us, and that we will continually strive to grow instead of feeling complacent.

What do you say to the congregant who is disillusioned with religion?

Generally, I ask what the source of disappointment is. The most common one—and it is one I practiced for the first half of my life—is the belief that if you're a good, moral, honest person, God will take care of you. That was shattered the day we found out our son was ill. There are people who, when they get sick or their child is in an accident, feel that God didn't live up to His part of the bargain.

People also sometimes decide that religion is a sham when they don't get something they've prayed for. But God is not Santa Claus, and prayer is not telling God you deserve something. Those who feel that religion has let them down generally don't understand its real purpose: It offers a way of developing the resources for dealing with misfortunes.

How do you develop that kind of strength?

You come to understand that the purpose of religion is to give you strength when you stumble. You see realistically the unfairness of life. I think the real contribution I've made is that I've offered people my witness of having undergone a searing tragedy and come through with my faith in God intact. ■

Read how this Remarkable "Cold Hot" Therapy relieves pain for millions. In minutes.

Many people know that hot baths, heat lamps and electric pads provide fast, temporary relief from stiff, sore aching muscles and minor arthritis pain. What they *don't* know is that cold compresses and ice packs can also be extremely effective. In technical terms, "both heat and cold act selectively on free nerve endings in the tissue and on peripheral nerve fibers to increase the pain threshold."*

While Icy Hot is not a clinical substitute, it does offer its own unique type of cold and hot therapy. It is available as an easy-to-use cream in tubes and jars, as well as a no-mess stick.

Cold begins to soothe muscle and joint pain. Heat takes over to bring deep down relief.

As you rub Icy Hot on, menthol, one of its two active ingredients, creates a soothing sensation of coolness that begins to bring relief. In minutes, Icy Hot's second pain fighting ingredient, methyl salicylate, goes to work. You experience a pleasant feeling of warmth from the increased flow of blood to the upper layers of your skin. This dual-action sensation of icy coolness, followed by one of penetrating warmth, is what relieves your pain. It's as simple as that.

Icy Hot goes to work in minutes. Relief lasts for hours.

If you, or any member of your family is suffering the agonies of sore, aching muscles or minor arthritis joint pain, put a stop to it at once. Rub in Icy Hot. In less time than it takes to read this message, you will feel its active ingredients begin to bring comforting relief to the affected areas.

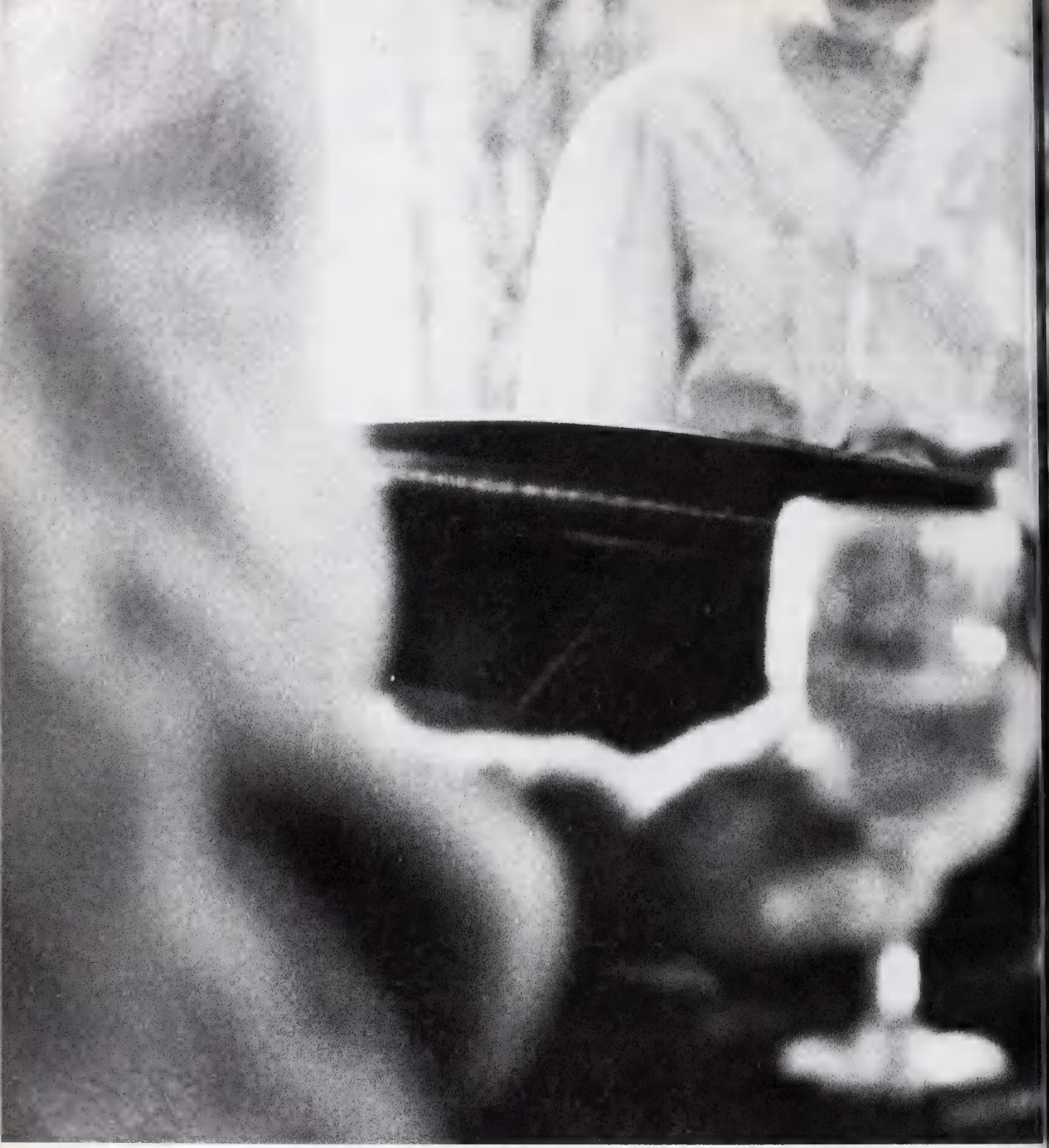
So for fast, temporary relief from joint and muscle pain, use Icy Hot, the dual-action pain reliever.

If you desire more information about the use of hot and cold therapies, please write The Arthritis Foundation at Box 19000, Atlanta, GA 30326.

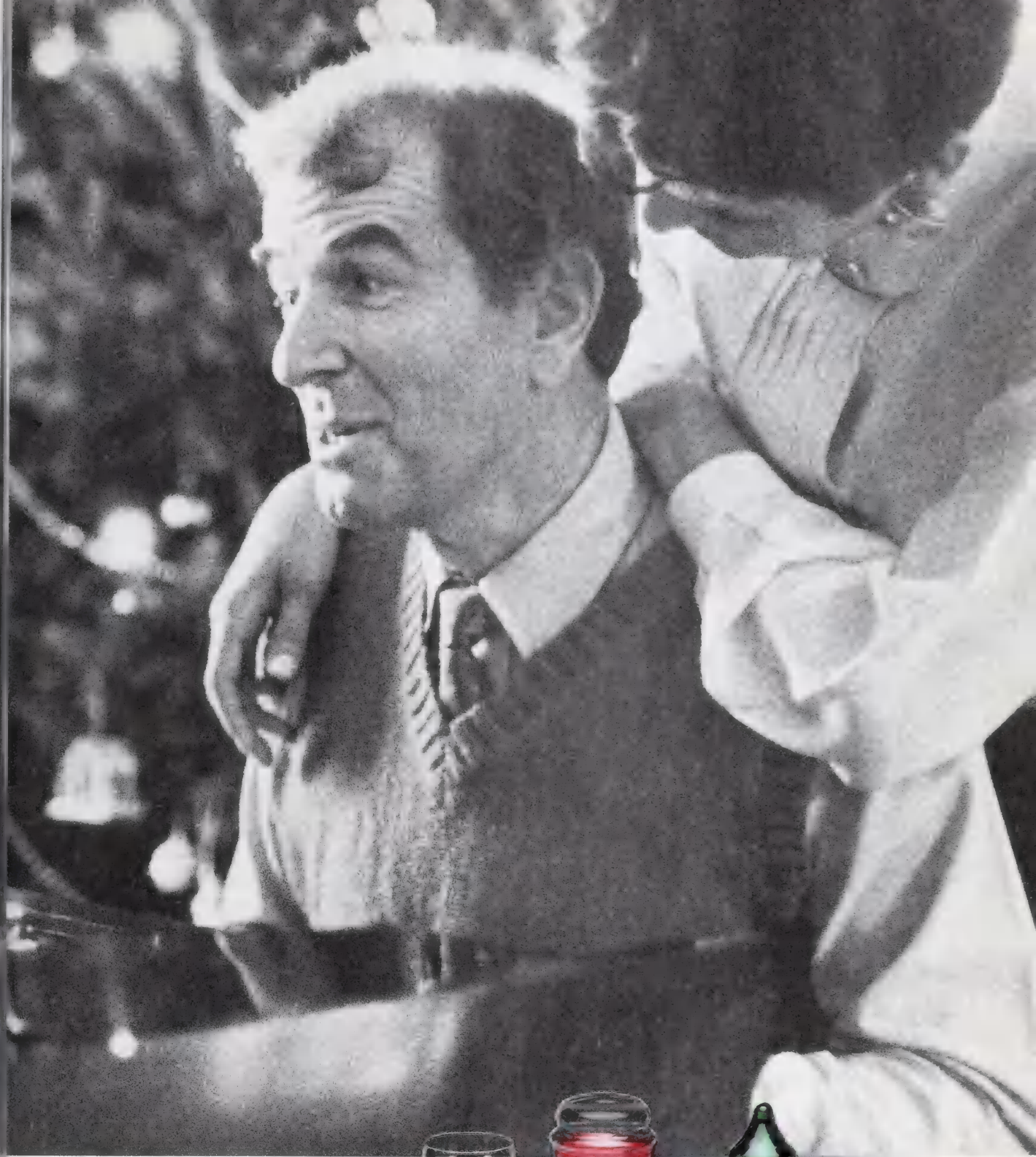


Rubs on cool. Rubs in warm. Rubs out pain.

Please read and follow label directions.
*U.S. PHARMACIST, January, 1987, p. 77



The tree is crooked. The blouse Mom gave you doesn't fit. And Dad's singing carols off-key. How could you miss another perfect Christmas at home.



Glasses for any moment.
And any occasion.



Libbey®



Down with the gift Grinch!

IT'S CHRISTMAS MORNING. IN A MOMENT, the exquisitely wrapped presents beneath the tree will be ripped open to shrieks of delight. Or that's how it was *supposed* to go, you tell yourself an hour later as you recall the tight smiles that thinly disguised your family's disappointment.

How can you keep the gift Grinch from stealing Christmas every year? It might help to try a little preventive action.

PLANNING MEANS PLEASING ● Ask everyone in your family to sit down and make out a wish list. Include presents in all price categories. You could also point out gifts you'd like when you're leafing through magazines. ● If this year's hottest toy is not something you want your child to have—such as a $90 replica of a machine gun—"deal with your child in an honest and reasonable way," advises New York psychologist Arlene Kagle, Ph.D. Say, "I know you want this and everyone you know wants it, too, but I don't believe in guns, and I don't want to spend our money on it." Then switch to another toy on your child's wish list. ● If the gift your child wants is simply beyond your budget, Kagle advises that you tell him that, too. He'll know that you care about him, and he'll learn that there are limits in the real world. ● Gift guilt can strike at the office, too. Try to avoid it; agree with your coworkers to stick to a set amount to be spent on each gift. If, however, you still receive an inappropriate gift, consider what it could mean. For instance, says Kagle, "Ask yourself whether the gift is an expression of guilt from someone who was promoted when you weren't, or an indication that the giver would like to be closer to you. If you're uncomfortable accepting the present, you might tell the giver, 'I'd be much happier if you spent this money on yourself.' "

MANY HAPPY RETURNS ● If your child doesn't like anything you gave him, resist the urge to throttle him! Tell him you're sorry. Then ask questions, advises Kagle. Was there a wish he didn't tell you about? Or was your child's perception of reality out of kilter, i.e., "I wanted a pony and it isn't here!" If he didn't get something on his list, suggest the two of you exchange an unwanted gift for a desired one. ● As for that microwave you didn't want, ask your husband if he'd mind if you exchange it. Ask him if there's anything he'd like to exchange, too! An open discussion can lead to satisfaction for you both. —CATHARINE A. HENNINGSEN

Support your family tree

It's time for that annual rite: the Christmas tree-off. He really wants a fresh-cut blue spruce with nothing but red ornaments; you think white-flocked artificial is the only way to go, dotted with multicolored satin balls. Before you know it, you're having a big fight. "The Christmas tree symbolizes the most important time of the year, other than a birthday," says Isaiah Zimmerman, Ph.D., clinical psychologist and family counselor in Washington, D.C. "Because it stands for years of family tradition, the tree brings out strong feelings of competition where each partner will say, 'There was more meaning in my family and the way we decorated the tree; let's do it *my* way.' " Though newlyweds may be especially vulnerable to this as they begin to define their life together, nearly any couple can find themselves arguing from year to year, especially if they move to a bigger place, the children have gone—or just arrived—or one partner simply wants to try something different. And even if you both agree, the kids themselves may be squabbling over *their* preferences. To avoid or at least reduce bickering, Zimmerman advises families to "discuss what you want Christmas to symbolize and what kind of meaning the decorations have." And if you find yourself arguing over whether to hang tinsel or popcorn, learn to compromise: String the first and eat the second!



ol, 9 mg. "tar", 0.7 mg. nicotine, Regular, 9 mg.
, 0.8 mg. nicotine av. per cigarette by FTC method.

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SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.

J. Barry O'Rourke

A Christmas letter to myself

My most important December tradition takes place in January. This is when I take the time to write down in a spiral notebook everything I want to remember about the holidays. It's a solitary ceremony; I arrange to have the house to myself. Then, with soothing music in the background, I write myself a letter. I list the happy times—and the sad ones. I capture feelings and special moments and offer myself advice on how to handle it all the next year. And I really need it, since my family celebrates both Chanukah and Christmas.

Let me take you back to my first list. Under the heading "special things about Christmas '81," I wrote: *Packages with coins on the wrapping.* When I was a child, I received a gift each year with my initials outlined in pennies, nickels and dimes. My six-year-old, Rachel, and Jonathan, two, got the same kick out of it as I had long ago. I also added: *Kids opened new pj's on Christmas Eve.* A tradition from my own childhood—new pajamas to wear on that special night.



In 1982, I started a tradition that pleases—and haunts—me to this day: making Christmas-tree decorations out of clothespins, a different style each season. That year's letter entry: *I created, painted and glued five hundred seventy-five red and blue soldiers—a big job.* I advised myself: *If the decorations aren't done by December first, don't do them!*

Subsequent entries revealed holiday menus that got more and more elaborate, with more and more ideas for activities and new traditions. So at the end of 1984, my analysis went like this: *Take a few more days off work before the holidays; spend more time with the kids.*

By 1985, my lists had become sentences and the sentences paragraphs. That was the year my husband, Arnie, and I joined Weight Watchers. We each had lost over thirty pounds, and we'd been able to set goals, and achieve them. *I did pretty well on my diet, especially during the meals, but the leftovers the next day were tough to handle. Remember to get rid of them or freeze them immediately next year.*

My 1986 letter, however, clearly stated a growing concern: *The holidays weren't as much fun this year. Too little time to relax and play with the kids. We had fun on Christmas Eve, but Jonathan and Rachel were exhausted and both fell asleep on the living-room floor.* We'd been so busy making sure we did every special holiday thing that we hadn't even tucked our kids in their beds or kissed them good night.

There was no avoiding the fact that the holidays had turned into a frenzied blur. We felt tired rather than terrific. I forced myself to realize that we couldn't have a major holiday *twice* every December and hope to maintain our sanity.

So we cut back on both celebrations. For example, we decided that our big Chanukah gift exchange would take place on the final night instead of every night, and we eliminated our elaborate Christmas Eve sit-down dinner. Instead, we ate a simple meal, played games and enjoyed the cozy glow of our fireplace.

Maybe my letter-writing technique will work for other holiday-hassled women; it's amazing what lessons you can forget if you don't write them down. That doesn't mean that I always follow my own advice. In 1987 I cut down to two hundred fifty clothespin ballerinas; but last year I was back to three hundred angels. Wonder when I'll finish this year's slim Santas? —SANDRA M. RICHMOND

Help for the nervous hostess

I always get nervous entertaining guests in my home, especially on holidays. I worry that my furniture isn't nice enough, that the food won't taste right, or that everyone will just sit there in silence. Is there anything I can do to stop worrying?

This problem is common. One of my friends was also anxious about entertaining, but she's managed to beat it by trying to enjoy herself more. Now she invites people who make her feel comfortable, rather than those she thinks she has to impress. Not only does this lessen her concern about the condition of her house, she knows that she can count on these guests to help her keep the conversation flowing. And she's learned to rely on recipes that have gotten rave reviews before. Her strategies should help reduce your nervousness, too.

—JANE CARPINETO, M.S.W.

Schilling® Spices Up Your Holiday Toasts.



Next time you make French toast, stop before you ip the bread. Add a teaspoon of Schilling Pure Vanilla xtract and ½ teaspoon of Schilling Cinnamon to your atter first. And enjoy French toast ith a delicious new accent.

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HOLIDAY Gift Guide





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Put a little fashion in his life, by giving him something he's sure to love from Fruit of the Loom. Traditional cut briefs, sexy bikinis, and athletic shirts in the hottest colors. Look for great holiday savings on Fruit of the Loom men's fashion underwear at your favorite discount department store.

Season's Greetings, from Fruit of the Loom.



HICKORY FARMS has the gifts everyone loves to get. Look for a Hickory Farms store or Gift Center in a shopping mall near you. You'll find hundreds of unique and delicious gift packages to choose from. Convenient shipping available.

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Stay fireside-warm-and-toasty out in the cold in thermal underwear of Du Pont's high-performance Thermax* fabric. Made of a unique hollow core fiber that holds air, providing thermal insulation for warmth; transporting moisture to keep you dry. That's why it's the choice of the National Ski Patrol, Professional Ski Instructors of America and USA Biathlon Team. For stores near you, call **1-800-258-3900.**

*Du Pont certification mark for fabrics meeting its quality standards.



DUPLO® AND LEGO® BASIC BUILDING SETS in buckets develop your child's imagination and creativity. DUPLO® Farm in a Bucket (item 2426) contains animals, people, and lots of big colorful building blocks. Perfect for preschoolers ages 1½–5. LEGO® BASIC BUILDING SET (item 1662), for ages 5–7, contains colorful bricks, people figures, and other special pieces, 620 pieces in all! DUPLO® blocks and LEGO® bricks work together so that children never outgrow the LEGO® system.



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The perfect holiday gifts to keep you or someone you love beautifully organized. In sizes small to large. And colors soft to bold. So now the only question is whether it's better to give or receive.



THE GIFT OF A SINGER SEWING MACHINE WILL BE APPRECIATED FOR A LIFETIME.
There's a model for every skill and budget level, with prices starting as low as $149.99.

There's the innovative new 9900 with over 300 built-in stitches, monogramming and more; the popular Deluxe Debutante™ 5910; and the Ultralock™ 14U34 which sews, trims and finishes in one easy step.

Prices at retailer discretion



INTRODUCING SHEER ENERGY™ SLIPPERS BY L'EGGS. SHEER ENERGY Slippers gently massage and relax your feet with soft, soothing, stretch fabric while they provide the extra comfort of a foam cushioned sole.

The durable leather outersole and soft absorbent terry cloth innersole make the SHEER ENERGY Slipper perfect for lounging, light exercising or travel. Machine washable. The perfect gift idea at Kmart for $8.99.



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EPISSAGE.
THE REVOLUTIONARY WATERBRUSH MASSAGER. Turn an ordinary shower into a revitalizing spa treatment with EpiSsage. Three rotating brushes work with pressurized jets of water to cleanse, massage and treat cellulite. It feels good all over. Gives skin a polished, healthy glow. A great gift idea.



THE FIRST ALERT® KITCHEN LIGHT TEST SMOKE DETECTOR™ offers the ultimate in convenience and protection for the kitchen, where 2 out of 3 fires start. Test the detector by simply waving a flashlight beam across the gold test button. Plus, a silencer button quiets nuisance alarms triggered by cooking. From First Alert, the world's leader in smoke detectors.



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coping

A stepfamily CHRISTMAS

The elements for holiday conflict are present in any family—where to eat Christmas dinner, how to spend Christmas Eve—but they're magnified after divorce and remarriage. Here's how several stepfamilies cope, care and communicate when their expectations are at odds



Steve Smith/Wheeler Pictures

Of tamales and turkey

When Irene Montes wed Jim Pierce in Los Angeles in 1981, each brought to the marriage a son and a trunkful of holiday expectations.

On one of their first Christmases together, Jim and his four-year-old son, Jason, were stricken when they detected unfamiliar scents wafting from the kitchen. Instead of a turkey, they discovered tamales and refried beans.

"In my culture," explained Irene, who has a Hispanic background, "on Christmas Eve we have tamales, refried beans, Mexican rice and guacamole." "I want *real* food!" was the youngster's response. So Jason's dad ran out and bought a small turkey, which sat demurely on their table with the more exotic dishes.

That turkey-and-tamale dinner was symbolic of how hard this blended family has worked to solve holiday difficulties. In the beginning, Christmas was filled with stress. "It was impossible for Jim and his ex-wife to talk," says Irene. "So negotiations on sharing Jason became complicated. His half sisters would make arrangements with me, then Jason's mom would change her mind. It always came down to the last minute, and we never knew whether we'd have Jason or not." The solution, developed over time: In even-numbered years Jason spends the holiday with his mom in Tennessee. Odd-numbered years he's with his dad.

Early on, when Irene's son, John Michael, spent Christmas Day with his father, "I would get to miss him," recalls Irene, "and I would call him. Then he would get homesick and start crying. This made my ex-husband mad. He would say, 'Everything was fine, Irene, until you called. Now he wants to go home.' And I would say, 'Well, I miss him.' Finally, after talking to other parents in similar situations, I realized how disruptive my calls were." The calls stopped.

Jason and John Michael are very close, though there still are occasional jealousies in the gift department. "Last year I got a Nintendo," says John Michael. "But then he got back from Tennessee talking about how he got a *horse!*"

It hasn't all been easy, but it has been worthwhile. "It's almost like the pain of birth," says Irene. "You're creating a new life together."

Set aside the Norman Rockwell vision of Christmas—the idyllic portrait of Mom and Dad and three little ones in pajamas being joined around the tree by Grandma and Grandpa. Christmas today is no less a joyful holiday than it used to be, but the family scene has grown much more complicated. Divorce and remarriage have turned family trees into family forests. Among the celebrants digging into their holiday turkeys this season will be fifty million Americans who are involved in stepfamily relationships. And among them will be many youngsters for whom at least four parents and eight grandparents are all too likely.

By Katherine Barrett and Richard Greene

In fact, the number of Americans involved in second marriages in 1990 will, for the first time ever, be greater than the number married to their first spouses. About one out of every six children currently lives with a stepparent, and one out of three has a steprelative, *(continued)*

As your family grows, so does your need
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ır that's comfortable enough to make even
ng trips seem much too short. Quite simply,
ou need a car that makes sense.

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According to the Stepfamily Foundation, a New York City organization that provides support and counseling.

Of course, many of these blended families do have holidays right out of Rockwell. But for some, tiny fissures in strained relationships can turn into major cracks under December pressures. Says Sandra B. Coleman, Ph.D., executive director of the Family Guidance Center, in Bucks County, Pennsylvania, "Whatever problems exist through the year are exacerbated at the holidays."

Logistical headaches alone can make Santa's schedule look easy. Many families opt for the mock-Solomonic device of splitting their holidays. Train and plane timetables replace " 'Twas the Night Before Christmas" as required reading, as people shuttle between two or more locales for the benefit of dispersed relatives. "Children become emotionally exhausted from having to spend Christmas morning with their mother, then going to their father at noon and then maybe ending up at a grandparent's," says Coleman. Adds family therapist Susan Kennedy, of Evanston, Illinois, "A lot of kids end up eating two turkey dinners."

Gift-giving dilemmas

And sometimes even the best plans are imperiled by emotional tensions. "When I'm with my dad, I miss my mom," says Amy, a fourteen-year-old who speaks for legions of young people. "Then when I'm with my mom, I miss my dad."

Even the ordinarily exciting tradition of gift giving can be a source of tension. Among divorced parents, competition for the "best present of the year award" can be a big problem. "One year we got the kids used three-speed bikes," recalls Leanne Hochstein, a Nebraska mother of two boys who married a man with two girls and then had a daughter with him. "Then the girls went to their mother's house and received *new* ten-speeds."

Often, children experience too much of a good thing. When eighteen-year-old Patria Rodriguez of the Bronx, New York, was little, the holidays resembled a road race, she visited all her relatives. An only child, Patria receiv presents from her parents, six grandparents, and a couple dozen aunts and uncles. "It got to be a lot for her," sa Patria's stepmother, Pat, thirty-eight. "When she w around nine she received over fifty gifts." After that opule holiday, her parents pulled in the reins a bit. "We all h humble roots, and none of us felt it was necessary to recei so much," Pat explains. And since it obviously was impos ble for a teen to return such generosity, her stepmom ad "we told her that sh ing people she cared a special way, l writing a little story making a gift, v fine. Christn doesn't necessarily quire buying things

Stepparents can a suffer from the inv ble-man (or -wom syndrome. "I pick out all my stepdau ters' presents," reca Diane Tomason, New Jersey woman her first few Chr mases as a new st mother. "And my st daughters would 'Oh, thank you, D thank you, Dad.' "

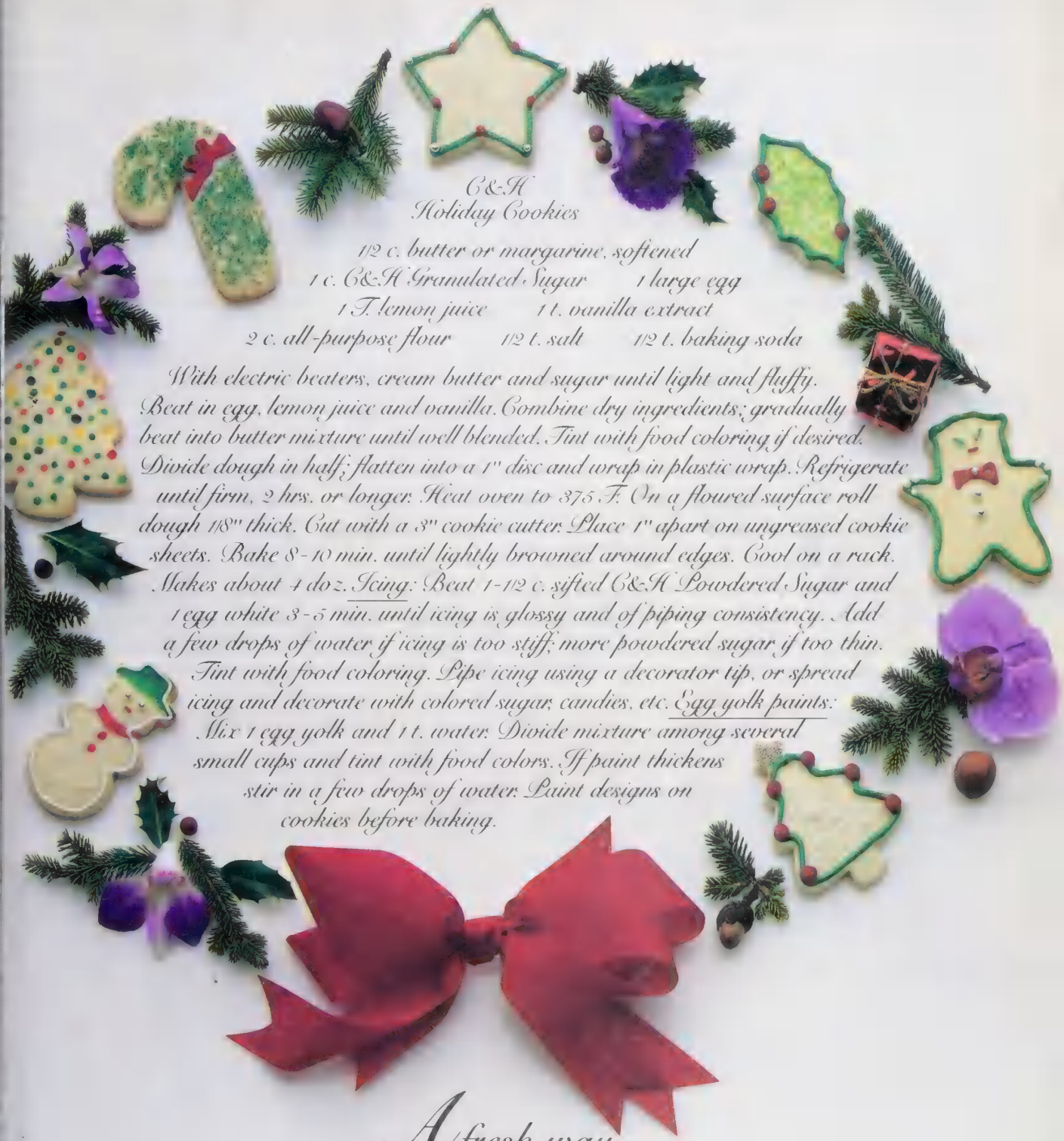
Grandparent problems

Grandparents so times play favorit giving far better g to their biologi grandkids. "The na ral grandchildren trains and the st grandkids get socl says psychologist L da Albert, co-autho *Strengthening St families.*

When relations main chilled betw divorced pare grandparents feel loss as well. Susan Richard, a Minnes couple who wish to main anonymous, celebrate their fifti wedding annivers next spring. there's a gap in th family happiness, it concerns their three oldest grandchildren—offspring their son Stephen and his first wife. Since his divorce teen years ago, "the grandchilden have never spent a h day with us," says Susan. "They have never remembered with even a New Year's card. That hurts, because I kr they remember their *other* grandparents."

The grandchildren moved to the West Coast when th mother remarried, and communication has remai sparse. Stephen has remarried twice, bringing two r children and a stepson, Tommy, into the (continu





C&H Holiday Cookies

1/2 c. butter or margarine, softened
1 c. C&H Granulated Sugar 1 large egg
1 T. lemon juice 1 t. vanilla extract
2 c. all-purpose flour 1/2 t. salt 1/2 t. baking soda

With electric beaters, cream butter and sugar until light and fluffy. Beat in egg, lemon juice and vanilla. Combine dry ingredients; gradually beat into butter mixture until well blended. Tint with food coloring if desired. Divide dough in half; flatten into a 1" disc and wrap in plastic wrap. Refrigerate until firm, 2 hrs. or longer. Heat oven to 375 F. On a floured surface roll dough 1/8" thick. Cut with a 3" cookie cutter. Place 1" apart on ungreased cookie sheets. Bake 8-10 min. until lightly browned around edges. Cool on a rack. Makes about 4 doz. Icing: Beat 1-1/2 c. sifted C&H Powdered Sugar and 1 egg white 3-5 min. until icing is glossy and of piping consistency. Add a few drops of water if icing is too stiff; more powdered sugar if too thin. Tint with food coloring. Pipe icing using a decorator tip, or spread icing and decorate with colored sugar, candies, etc. Egg yolk paints: Mix 1 egg yolk and 1 t. water. Divide mixture among several small cups and tint with food colors. If paint thickens stir in a few drops of water. Paint designs on cookies before baking.

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family. And although he is the only grandchild with whom they share no blood, Tommy, now twelve, has given his grandparents some of their proudest moments. "He's really a part of us," says Susan fondly. "For years, I never really knew the joy of having a grandchild."

Mixing long-standing traditions, especially when different religious or ethnic backgrounds are involved, can also pose holiday difficulties for stepfamilies. One woman who married into a Jewish family decided to make a traditional Jewish potato dish in the shape of a Christmas tree. "My seventeen-year-old stepson was very offended at that," she recalls. "He felt it was an affront to his being Jewish."

Fortunately, over time, many of the rough edges begin to smooth out. Family therapists Mary C. Hoke and Kathleen Glenn Doyle, from Jewish Family and Children's Service of St. Louis, have worked with more than five hundred stepfamilies and have concluded that it takes at least five years to form a solid union. "Many families have problems in the first five years, but they are not pathological. They are experiencing the normal stages of becoming a family," says Hoke.

Of course, each blended family experiences its holidays in different ways—each unique in its pleasures and problems, triumphs and disasters. But one important truth is common to all: In any situation involving divorce and remarriage, relationships need to be nurtured to survive and be successful.

Tips for better blending

How can blended families keep tension at a minimum and make their holidays as pleasant as possible? Therapists and experts from stepfamily associations agree that there are a number of tried and true methods. Here, some of their advice:

- Plan ahead. Last-minute wrangles can easily wreck everyone's holiday spirit. When each family member knows exactly where he or she is supposed to be—and when—the potential for pandemonium is reduced. What's more, there will be no disappointment. "Planning is important so no one's expectations are unrealistic," says family therapist Katharine Baker, A.C.S.W., of Washington, D.C.
- Ritualize arrivals. "A predictable sitting down together, like milk and cookies after the children have put their bags away, diminishes the uncertainty of not having been with each other for a while," says Jeannette fas, president and founder of the S family Foundation.
- Keep talking—to your mate, the mate, and the children. Commun tion can head off unpleasant surpr and increase security for everyo "Get your children's suggestions the holidays," says family thera Mary Hoke, "otherwise they can re feel very left out."
- Be flexible. "That's probably most important thing about being p of a stepfamily," says Susan Kenne "You can't be wed to the idea t Christmas must be a certain way."
- Set standards for gift giving. foolish to fret about whether an e going to make you look like a scroo and it doesn't really do you any goo make your ex appear cheap. In eit case it's the children who suffer.

For more information . . .

- **The Stepfamily Association of Amer 602 East Joppa Road, Baltimore, MD 21**
- **Stepfamily Foundation, 333 West Avenue, 11C, New York, NY 10023**

Also, the Scarsdale (New York) Fa Counseling Service has a hotline informat service called Grandparents in Divided Fa ilies at 914-723-3281.

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We felt like outsiders looking in"

We'd spend part of every holiday at my ther's house," says Kate, a tall, slim, nd eighteen-year-old from Maryland who rted college this fall. "And the night fore we'd go home again, my brother, hn, and I would lie in bed and cry and cry. e'd cry because we knew we would miss r dad after we got home. But we were ally crying because we knew that we eren't really part of *his* family. We knew r half brother and half sister had our ther all the time—not just at Christmas."

Kate's parents were divorced when she as three. Her dad remarried shortly after d now has two children with his second fe: a ten-year-old son and twelve-year- d daughter. In the meantime, her mother married a man with three teenagers who e now grown.

Kate describes herself as an optimist. But e many teenaged children of divorce, she s been scarred; when she talks about lidays past, her voice takes on the re- gned tone of one who was forced to accept at she considers a bad deal. "It would be nirvana to me to have had no divorce in my family," she says.

While Kate was growing up, she and John would visit their father in Indiana during the holidays. There, they felt like they were the audience at somebody else's merry Christmas. "We were on the outside looking in. They were very close," she recalls. "We'd sit in the background on the couch and watch them open presents. My brother and I had presents too, but it was different. We felt like our presents were there because somebody *had* to give us something."

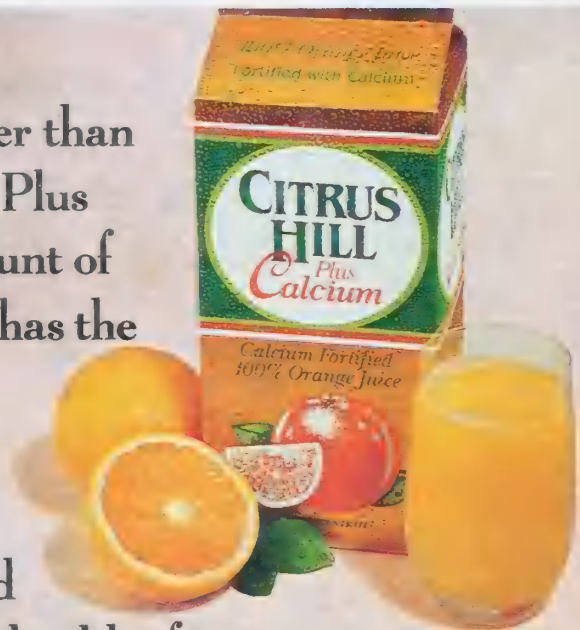
Strong dissimilarities among the half-siblings didn't improve matters. "They listen to Mozart, and the only thing we know are rock groups," says Kate. "In my family, everyone eats as soon as you get your plate. In theirs, everyone waits until everyone is served. In many ways we were obviously very different."

But the real problem, according to Kate, was a somewhat aloof father and a stepmother who never fully accepted Kate and her brother. "There were a few times when my stepmother made it clear that her children were her *real* children, and we weren't. The last time I was there, when we left my stepmother waved good-bye to me like I was going to the store. No hug or kiss."

That last visit took place a few years ago. By then, after nearly a decade of yuletide tension, Kate was ready to give up. Now she and her brother spend Christmas Day with her mother and stepfather and various step-relatives. She feels more comfortable with them, she admits, than she does in her own father's household. To her two young step-nieces she is a full-fledged aunt, and a quick glance between Kate and her stepbrother at the Christmas table can communicate volumes. "I'm closer to him than to my half-brother and half-sister," Kate says. "After all, we were really raised by the same man—my stepfather."

Occasionally, Kate and John will take a trip to visit her stepfather's mother. "She's really sweet and really loves us," Kate says, adding softly, "she treats us like her own grandchildren."

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READERS' JOURNAL

NUDITY IN ADVERTISING

As I looked through the October issue, I was astounded to see an advertisement featuring a totally nude woman.

In the article "The war against women" in that same issue you mention desensitization as one of the causes for the shocking attitudes toward women. I want my nine-year-old son to grow up viewing and treating women with respect. If he is exposed at his age to nudity in magazines, the desensitization process has begun.

Your magazine has always had a fine reputation and a respectable tradition to uphold. Please take the necessary steps to maintain the standards that have made *Ladies' Home Journal* what it is.

Judy Manor, Duncanville, TX

I find the Nivea ad depicting a nude woman very offensive. As a woman, I resent the use of a nude model in a suggestive pose to sell any product. She is depicted as a body to be desired, while nothing in the ad suggests that she has anything else of value to offer.

Whether or not nudity is art or pornography is still debated hotly and is certainly viewed by most people largely as a matter of personal taste. But the ad's presence in your magazine sends the message that you condone the use of female nudity as a promotional tool.

Nancy Kumlien-Garry, Missoula, MT

I am disappointed that you would permit the Nivea ad in your publication. I am a twenty-one-year-old woman who has been hearing lately about all the problems our generation are having with sex, drugs and the music we listen to. People wonder where we went wrong or our parents w wrong; yet what are children supposed think when they pick up your magazine see a naked woman in an ad for lotion? degrading to think you can use a n woman to sell more lotion. When is last time you saw a nude man in an ad shaving cream? **Holly Heath, Meriden,**

We received a number of letters about Nivea ad; it clearly offended and distur many of you. It has made us more se tive to your attitudes and feelings, and advertisment in question will not appea Ladies' Home Journal again. As alwa we value our readers' opinions.

I STILL LOVE LUCY

I enjoyed the article on Lucille Ball [gust]. She was a very special person, all who knew her are aware. I crie laughed, but most of all I remember **Susan J. Appleman, Stillwate**

BASEBALL HERO

I have a thirteen-year-old son, Dan, v thinks that Ryne Sandberg of the Cubs is best thing that ever happened to basel As my son and I were driving down highway one morning, we discussed D future as a professional baseball pla and how some athletes of late are re tarnishing their images. I made the c ment that he'd be wise to pattern him after his hero, Ryne.

That very afternoon I read my Sept ber *Journal* and found the article on R and his family. Dan even stopped play baseball long enough to read it. Thanks portraying an athlete who has maintaine sterling image; I can't think of any ot person I'd rather have my son worship **Kally DeYoung, Lisbon**

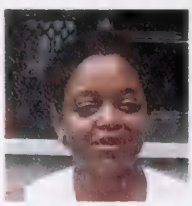
A TASTE THAT LINGERS

It was so very encouraging and I wa delighted to find not one, but two of very favorite cake recipes of the pas your October 1989 *Journal*. I never h copies of these recipes because I thou they would always be around. I speak the German Chocolate Cake and the Tur of Fudge Cake. Thanks for the memo *Ladies' Home Journal!*

Ruby Collins, West Palm Beach

Send your letters, preferably typew ten, to Ladies' Home Journal, 100 F Avenue, New York, NY 10017.

In the story "The way we'll be," in our November issue, we inadvertently misidentified two of the women profiled in the article (on pages 222 and 224). Below are Kathie Stein and Brenda West-Evans, correctly identified. Our apologies to Ms. Stein and Ms. West-Evans.



Brenda West-Evans



Kathie Stein



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PARENTS' JOURNAL

By Mary Mohler and Margery D. Rosen

A GUIDE TO CHILD REARING IN THE EIGHTIES

Camille Tokerud

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INFANTS Tunnel Taxi 3 They'll crawl right through, over and around this inflatable, multicolored taxi, twenty-two inches long. Also available: a pink airplane. From G. Pierce, $9.99 each. **Stacking Clown** 2 A nineties version of an old favorite: Clown pieces rattle, come apart, fit together in different ways. Head spins like a top. From Little Tikes, $8. **Water Pets** 7 Beanbaglike puppies, kittens or bears are squooshable, huggable. And they float, too. From Playskool, $9.99. **TODDLERS Mit 'n' Thing** 1 Warm frosty fingers and keep them dry, too, with these colorful, washable, Scotchgard-treated mitten pals. The pony designs pictured here can be matched or mixed with whales, elephants, puppy dogs and more. From Prairie Marketing, at toy and clothing stores, $6-$8. **Magic Mini Vac.** 5 These days we couldn't function without a Dustbuster, so why should our kids? This play version of Mommy's essential pops and whirls like the real thing. (Well, sort of.) From Fisher-Price, $8. **So Big Bucket** 10 We're tired of tracking the burnt siennas and periwinkle blues that always roll under beds and couches, so we fell in love with this carry-around bucket of sixteen large-size crayons. From Crayola, $9.99. **SCHOOL-AGE Capsela Introductory Science Discovery Set** 8 This new entry from Capsela, the innovative line of educational toys that help kids get a feel for how things work and why, can be rejigged into five motorized toys. From Play-Jour, $10. **My First Camera Book/Backyard Explorer Kit** 9 Would-be photographers learn the basics, then display their works in a special album. Complete with kid-tested minicamera, $8.95. Also: Leaf and Tree Collecting Guide and album. From Workman Publishing, $9.95. **Plantsters** 4 From LJN Toys, $10. How does your garden grow? With this line of minigreenhouses—complete with flower and vegetable seeds (from daisies to sweet peas), soil and pot—budding botanists can dig in. Potsters, $6. **Sierra Club Calendar/Baby Animal Postcard Book for Kids** 6 A calendar with poster-size pages and a book of postcards from leading wildlife photographers, to keep or send. From Little, Brown & Co., $8.95 each.



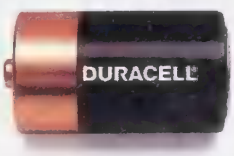


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SANTA'S LITTLE HELPER.



Understanding kids

By Lawrence Balter, Ph.D.



Dr. Balter is a practicing psychologist and professor of educational psychology at New York University. His most recent project is Stepping Stones Stories (Barron's, 1989), a series of illustrated books to help children cope with real-life problems and fears.

I have a four-year-old boy and a twelve-year-old girl who are both very fresh—they talk back, tell me no when I ask them to do something. I'm at my wit's end. What's an appropriate response, an enforceable discipline?

It can be very painful to hear our children address us rudely. In your situation, the children are in different stages of development and will have to be approached differently.

But first, one general question: Ask yourself honestly, are they really as fresh as you think? Check this out by observing friends interacting with their own children and asking them for their impressions of their children's behavior. You may find that you're expecting too much or that their reactions aren't as extreme as you feel. Or perhaps the way you're asking is provocative and overly authoritarian, leading to rebelliousness on their part. On the other hand, you might find you're too timid in your requests and not consistent enough in your expectations.

Sometimes children are rude and noncompliant when there is parental conflict. Are you and your spouse fighting, perhaps making snide or sarcastic remarks, or expressing other forms of resentment in front of the children? They may be reacting to that. It's also possible that the younger one is imitating his older sibling's behavior. If so, point out to her that you won't permit her to be such a disruptive influence. At her age she should understand that she has some important responsibilities.

With both children make it clear that back talk is unacceptable. Point out that you do not speak to *them* in that way. Then work out with them appropriate disciplinary measures. Perhaps the older one will decide on a night's grounding. For the four-year-old, being deprived of a TV program may be what's needed. Remember, children who help make rules are more likely to follow them. Once decided on, follow through. Be considerate, be matter-of-fact, but be consistent.

Shoot!

HERE ARE SOME OF THE BIGGEST MISTAKES THAT PARENT PHOTOGRAPHERS MAKE



You proudly snap away, only to discover, when the pictures are developed, that your precious darlings look stiff and unnatural. Again. What went wrong?

"The biggest mistake parents make," says Denver-based children's photographer Alexandar Josephs, "is overposing their child." Better: Shoot kids in positions that are comfortable and realistic, give them something to play with (a strand of beads, a special blanket). Fine, but what else? • Never say, "Say cheese." "You can always tell when kids were prodded to say that," comments Josephs. "They all end up with the same wide mouthed expression." Instead, distract them so they become aware of each other, unaware of you. "What's that doggie saying?" you might ask. Snap the picture when they turn to look. • Don't stand too far away. Four to five feet away is best. • Don't shoot down at your child. Kneel down and shoot eye-to-eye. • Don't forget to use a flash indoors. Check guidelines for distance. If you're too close, the flash will wash away definition, yielding a flat, ghostlike look. • Don't ignore background. Is your daughter sitting in front of a plant, whose leaves will look like horns coming out of her head? • Don't stick too closely to the rules. Be creative: Let the sun hit your child from behind for a beautiful glow. • When using a flash, don't have kids look directly at the camera. That's what causes red eyes in your pictures.

Photos, from top: Tom Sobolik/Black Star, Four By Five.

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1989 limited edition Barbie doll.

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RAISING KIDS WHO CARE

By Alfie Kohn



Photos, from top: Phoebe Dunn/DPI; Steven Gottlieb/FPG.

It may be known as the season of giving, but the message kids hear this time of year has more to do with getting. That's why the holidays find many parents worrying about whether there's even a chance that their kids will grow into caring and sharing adults.

The bad news is that positive values are hard to sustain in a culture that seems to prefer winning to helping, cold cash to warm relationships. But the good news, according to child development experts, is that generosity is every bit as natural as selfishness or aggression.

Says Martin Hoffman, Ph.D., a leading investigator of altruism, "Children at a



rather young age show signs of being upset when someone else is in an unpleasant situation." The result, he adds, is that parents who want to raise someone who is socially responsive "have an ally within the child."

Of course, children are also self-centered and sometimes hostile. But these characteristics are no more central to human nature than what psychologists call "prosocial" behavior, things like helping, caring and sharing.

"The idea that you've got to beat morality into kids is as wrong as thinking the world is flat," declares Brown University psychologist William Damon. "Children experience emotional reactions that you can call moral in the first or second year of life."

The parents' job, then, is to nurture that moral sense and encourage the child's natural inclination to care. But how? Here is what the country's leading authorities say.

BE WARM: A child who feels loved and cared for is especially likely to care about others. When children have their emotional needs met, they are freed from being preoccupied with themselves and can respond to other people's needs.

EXPLAIN: Parents often punish a child for misbehavior, especially for aggression. But rather than rely on punishment or reward, help a child to see *why* hurting people is undesirable and why helping is good: "When you share your toys with Marcia, she gets to have fun, too, and that makes her happy."

MEAN IT: If you want to encourage a child to help others, let him know it means a lot to you. If your child hits or kicks someone, there should be an emotional charge to your disapproval. If he senses that you really don't care about—or, worse, are amused by—his behavior, it probably won't stop.

DO IT: Children learn by watching, so your behavior matters as much as your words. If they see you nonchalantly walk by someone in distress, they learn that other people's pain is not their concern. If you use physical force to discipline them, they learn hitting is the way to get a point across. But if they hear you say things like, "Boy, I guess that cashier must have had a hard day to get so mad at me," they pick up the habit of imagining how the world looks from someone else's point of view.

LET THEM PRACTICE: Give children a chance to experience helping first hand. If they are responsible for taking care of a pet, looking out for a younger sibling, or tutoring a child at school, they have a personal involvement with prosocial action that makes the lesson stick. They've not only heard about it and seen it—they've done it.

SHAPE THEIR SELF-IMAGE: It's tempting to encourage kids to share by reminding them of how they will benefit personally ("If you don't give Marcia a turn with your truck, she won't let you play with her dinosaur"). But this strategy is more likely to promote self-regarding shrewdness than genuine concern for others. Instead, emphasize that helping is intrinsically a good thing to do.

For the past few years, several schools in the San Francisco area have been putting all these recommendations into effect. An organization called the Child Development Project (CDP) has been training teachers, designing schoolwide activities, and reaching out to parents so that they can raise kids who aren't just looking out for number one.

As Eric Schaps, the project's director, puts it, "The kind of experience that makes one a kind, nurturing person is not being responsible for cleaning the erasers but for caring about another person." That sort of caring is promoted by a combination of cooperative learning, texts that offer examples of helpful behavior and empathy, a buddy system that makes older children responsible for younger ones, and an approach to classroom management that is more like mutual problem-solving than discipline.

CDP's principles can work at home, too. It's not easy to be supportive every hour of the day, to choose reason in every case rather than punishment or to be a perfect role model for a child. But parents who do their best to follow these suggestions may well find themselves raising children whose natural concern for others has a chance to blossom. And that's a gift that will last long after Christmas has passed.

Alfie Kohn is an author, most recently of "The Brighter Side of Human Nature," to be published this spring by Basic Books.


wouldn't trust
anything else
for your fever."
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This is our special present to you and your kids—crafts to do together for the holidays. There's something here for even the littlest fingers, with love from Max



Max the Dragon's Christmas crafts for kids



O! Christmas tree

Max gives a roar of approval on this terrific activity for the preschool set: Cut colored construction paper or poster board, even last year's Christmas cards, into tree shapes, then glue on pieces of cereal for ornaments. Place square-shaped cereal under the tree for the presents. Decorate the lair or hang it on the tree.

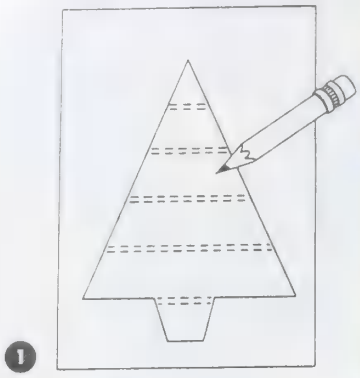
Apple smiles

This easy-to-make treat is so good, even Scrooge would smile. First, core and slice an apple. Spread one side of each slice with a thick layer of peanut butter. Place three or four tiny marshmallows on top of the peanut butter on half of the slices. Top with the remaining slices, peanut butter side down. Squeeze together gently and eat promptly.





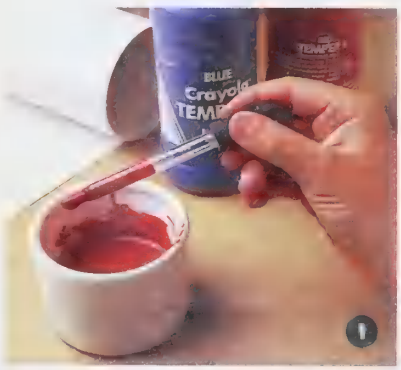
Ribbon winners







There's something extra-special about homemade cards. It's easy to make a bunch of these. ❷ Draw a freehand copy of our tree pattern illustration in desired size on tracing paper. Cut out. Fold a piece of colored construction paper or card stock in half for each card. Center tree pattern on top of each card and draw around the shape. ❶ Cut pattern apart along broken lines. Lay pattern pieces on self-stick paper satin ribbon strips. Draw around each shape and cut out. Moisten satin strips and fasten to the cards in proper places. ❸ Once all the pieces are in place, carefully erase any remaining pencil markings. Top with a gold star sticker. Want to turn your cards into tree ornaments? Punch a hole near the top, pull a ribbon through and tie to a branch.







Splatter wrapping paper

Doesn't every kid yearn to splatter paint all over everything? Now they can, with your blessing. (Just be sure to cover the area with newspaper, or do the project in the garage.) ❶ Start with white kraft paper (comes in large rolls at art stores). Pour tempera paints into small containers (one color per container). Fill an eyedropper with a small amount of one color of paint and hold dropper over paper. ❷ Bring wrist up slowly, and using a quick, firm motion, shake the dropper down toward paper. Make as many splatters and use as many colors as you wish, then let paint dry completely. ❸ It's a wrap!



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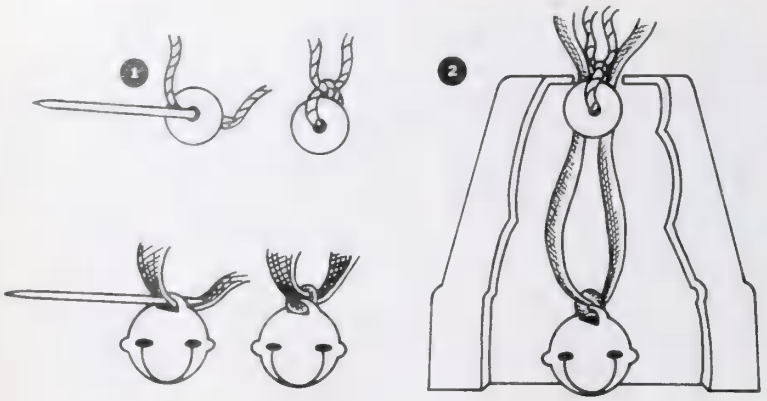
You see, our secret is that every sheet of Northern is actually two layers quilted together for a soft, cushiony feeling.

So try Northern bathroom tissue. And discover a special kind of softness you've really always known about.



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Jingle bells





Ring in the season with your own jingle bells. For each one you'll need: 2 yards of red string; ¾ yards of quarter-inch-wide red ribbon; a small clay flowerpot; ¾-inch-diameter bell; toothpick; 12½-mm wood bead (or size larger than hole in bottom of pot); scissors. ❶ Using a toothpick, poke string through wood bead, and poke ribbon through bell. Pull bead and bell to center of ribbon and string and tie a knot. ❷ Pull string ends through bottom hole of the pot until bead rests against bottom hole. Leave enough string to hang pot in window, on door or in the center of an evergreen wreath or bough. Push bead aside and thread ribbon ends through bottom hole of pot. ❸ Leave enough ribbon inside for bell to hang just below rim. Tie ribbon in a bow.







Glitter stars

Our little stars twinkle long past holiday time. ❶ Using a bottle of glue with a pointed tip, draw star shapes on a piece of wax paper. The glue lines should be thick and wide. ❷ Sprinkle enough glitter on glue so it is completely covered. Let dry for two days. Shake off excess glitter and save for another time. ❸ Carefully peel away wax paper. ❹ Hang stars from the tree or in the window, or—for fanciful fun—from the bedroom ceiling.





ıe Fisher-Price Power Workshop outs little imaginations to work.



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Also available in Canada.

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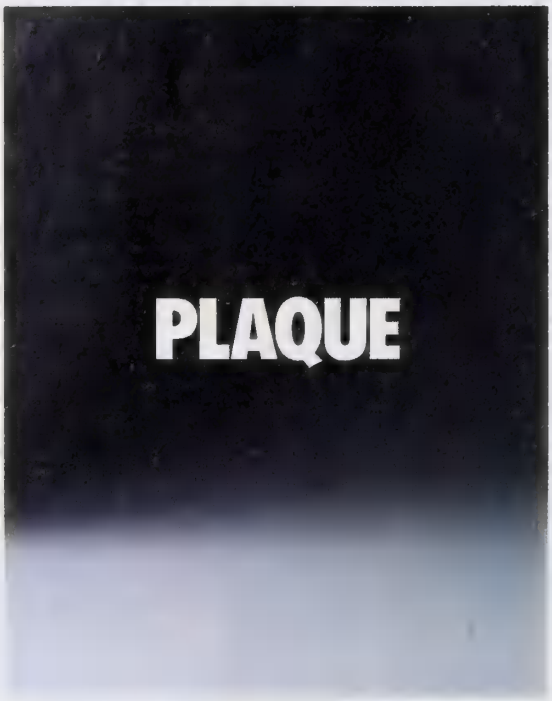
Then, when the workday's over,
y can pack everything neatly
away inside the portable tool caddy.

The Power Workshop from Fisher-Price®. It's just one of over 300 toys we make that make childhood a little more special.

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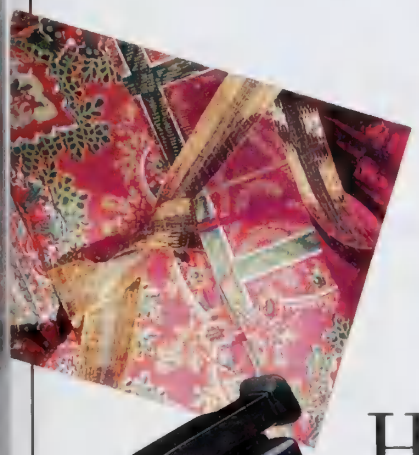
THIS IS THE NO. 1 SOLUTION FOR REMOVING IT.



(THE NEXT STEP WOULD SEEM FAIRLY OBVIOUS.)

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Your ticket to the very best products, trends and ideas for the way you live today



Personal Style

It's party time, with a host of showstopping accessories, the most elegant paper goods and super holiday spirits





HOW TO BUY SMARTER

Capture the kids on Christmas morn with a camcorder—here, choosing the one for you



Decorator's Notebook

Found: A host of great hostess gifts for $30 and under, expert ideas for creating a luxurious guest room, superstar gift-wrapping tips for unique presents. Plus, what's it worth: a professional appraisal of your antiques and collectibles

Photo, above: Nesti Mendoza



MEDIA ROOM

When the weather outside is blustery, cook up a big bowl of popcorn and turn on the VCR: We reviewed a slew of perfect-for-the-holidays videos and selected the best bets for kids, teens, adults—and some for the whole family to enjoy ▶

P.S.

Personal Style

By Linda Fears

Parties

Just in time for a grand season: dandy ideas for stepping out in style and dressing up your home

Want to stand out in a crowd? Count on understated evening wear, and put the spotlight on fabulous accessories. The must-have add-ons of the moment are richer, bolder variations of classic party-time favorites: jumbo pearls, opulent gold-splashed handbags and oversize shimmery scarves.



New now: Smooth or baroque pearls that nestle at the base of the neck, pearl drop earrings and chunky pearl bracelets. Earrings and four-strand bracelet, Les Bernard; teardrop bracelet, Monet



Clutch-worthy purses are metallic, jewel-studded, tasseled and beaded and add instant status to any outfit. All by Vanessa for Fashion Imports



Chic scarves are accessory musts. Go for metallics, lamés and gold-flecked chiffons to drape over shoulders. Scarf, Accessory Street







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BRIGHT IDEA





Paper chase

Have yourself a shiny little Christmas: The very latest in paper goods will give your holiday table the Midas touch. Red metallic plates and napkins at Bloomingdale's. Details, P.S. 24

Spirits



DO YOU ENTERTAIN CONSTANTLY? YOU DON'T HAVE TO CHOOSE BETWEEN RISKING YOUR FINE CRYSTAL AND SETTING OUT CHEAP PLASTIC. WE FOUND FABULOUS INEXPENSIVE ACRYLIC FLUTES THAT TAKE THE WORRY OUT OF TOASTING. CHEERS! GUZZINI ACRYLIC FLUTES. DETAILS, P.S. 24



arie's.® Salad dressings made with real ingredients like fresh, cultured, non-fat buttermilk and fresh sour cream.
ept fresh because Marie's is refrigerated in the produce section. So pick the salad dressings
fresh they taste as delicious as the vegetables you pick. Pick Marie's.

N THE PRODUCE SECTION

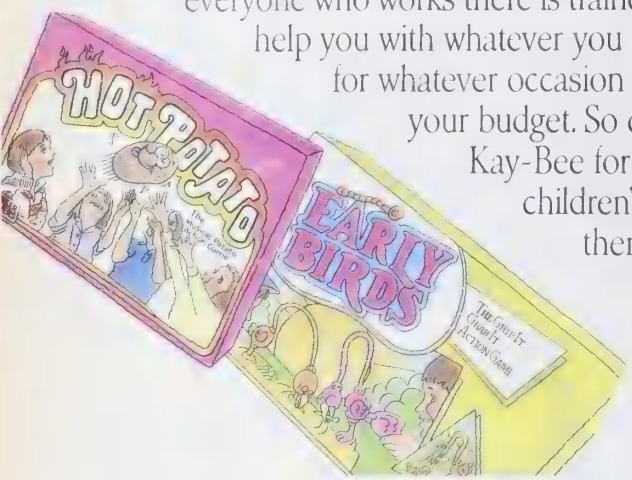
r delicious recipes, serving suggestions and valuable cents-off coupons, write: "Pick Marie's" Booklet, P.O. Box 8451—LJ Clinton, IA 52736

hile supplies last. Limited availability in the Western U.S. CAMPBELL SOUP CO. © 1989

WE MAKE BUYING PARKER BROTHERS KIDS' GAMES CHILD'S PLAY.

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P.S.

Personal Style



More perfect-for-parties drinks:

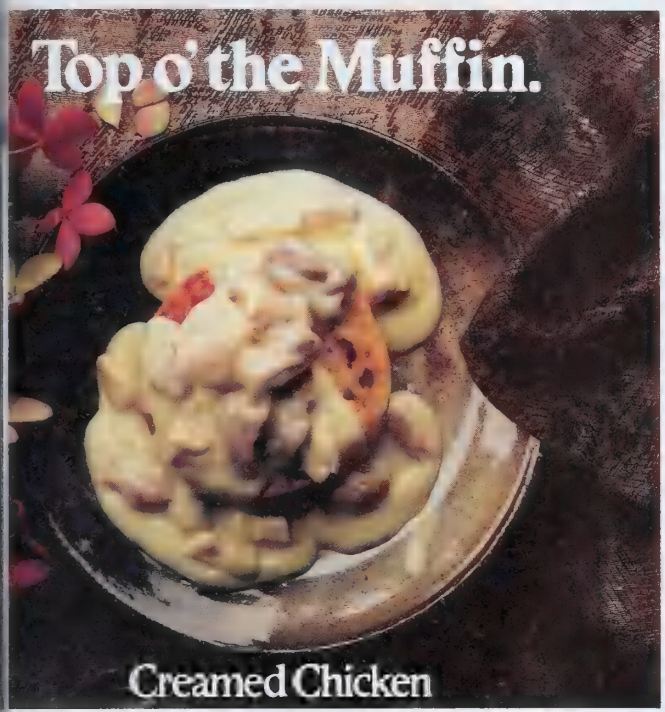
BERRY MERRY PUNCH

Thaw 2 packages (10 oz. each strawberries in syrup; puree in blender until smooth. Transfer to punch bowl and add 2 cups chilled cranberry juice cocktail, 2½ cups chilled grapefruit juice, 1 cup vodka and ½ cup Campari liqueur. Add 1 liter chilled ginger ale or seltzer and 2 cups ice cubes. Garnish with lime slices. Makes 12 servings.

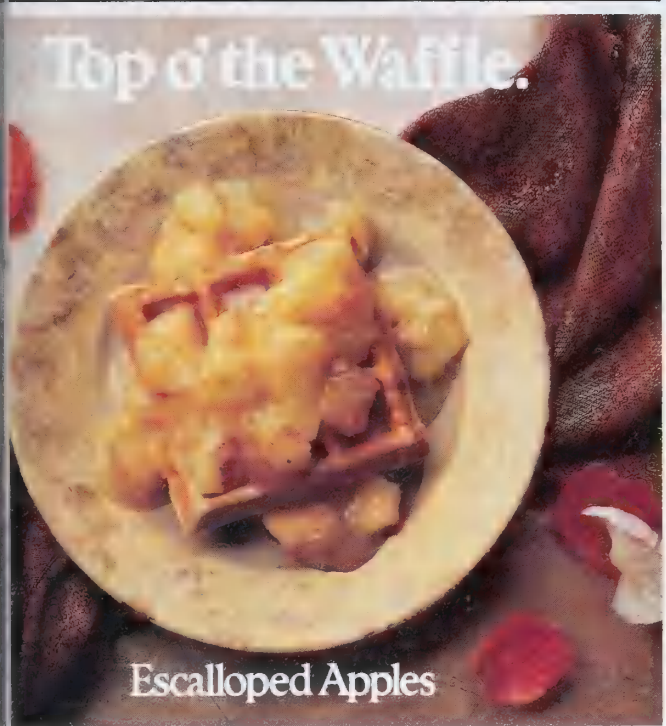
HOLIDAY MOUSSE JUICE

Combine 2 cups milk and 1 bar (1 oz.) bittersweet Swiss chocolate, broken up, in 4-cup microwave-proof measuring cup. Microwave on High 5 minutes, whisking every 2 minutes, until milk is hot and chocolate is melted. Stir in 2 jiggers dark rum. Makes 2 servings.

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HOW TO BUY SMARTER CAMCORDERS



EXPERT TIPS FOR CHOOSING A VIDEO CAMERA THAT REQUIRES MINIMUM KNOW-HOW FOR MAXIMUM RESULTS. BY JEFF BLISS

The camcorder craze is in full swing: Vacationers peer through viewfinders at landmarks and whisper documentary descriptions into a microphone; new parents record baby's first steps as if they were filming a Cecil B. DeMille epic. By the end of this year an estimated seven and a half million camcorders will be bought worldwide.

The camcorder has revolutionized home moviemaking with its instant playback, compact, easy-to-reach controls and low-cost, reusable videotape.

Nowadays most machines have features that industry experts consider essential for good results: autofocus and manual focus; manual aperture adjustment; an electronic viewfinder that you can look through with either eye; automatic white balance (which ensures good color); a zoom lens with at least a 6:1 ratio (meaning the largest image is six times bigger than the smallest); handgrips and operating buttons conveniently placed; and a directional microphone, which favors sounds in front of the camcorder. With these basics you can shoot scenes with normal lighting. Manual adjustments make it easy to compensate for low or bright light.



FINDING THE CAMCORDER FOR YOU

Camcorders come in three formats: VHS, VHS-C and 8mm. The VHS cameras, which are the biggest, use videotape compatible with VHS VCR systems, while the 8mm tape can only be played back on the camcorder. The VHS-C machines, which require smaller cassettes than VHS, have adaptors so that you can play them on your VCR.



In the United States the VHS machines are the most popular, although *Video* magazine considers that more a sign of our fascination with size rather than its technical superiority. An obvious disadvantage of the VHS system is its bulk. With the introduction of such models as the 8mm Sony CCD-TR5 Handycam, which weighs less than two pounds, the wave of the future seems to include smaller, more compact machines.

Another important consideration is how well the camcorder works in unusual lighting conditions. *Consumer Reports* advises against judging a model's ability to adjust to different lighting by the lux number listed on the camcorder (this number is supposed to indicate the machine's lighting capability; manufacturers claim that the lower the figure, the better the camcorder operates in dim light). Instead, the magazine constantly updates its own light ratings and other information on various models.

WHAT YOU GET FOR YOUR MONEY

Whether you opt for big or small, you should be able to get a good machine in the $900-to-$1,500 range. Videophiles may want to spend a little more money on the numerous editing and sound features available. These include:

High-speed shutter With an exposure setting of 1/1,000 second, each frozen shot is crisply defined.

Flying erase heads This space-age term means that the camcorder makes barely noticeable transitions between scenes.

Fade control At the end of a shot, press a button and the image slowly darkens. Press again and the effect is reversed.

Wipe control This allows a color to flow in from the frame of the shot and sweep over the image for a transition.

Titles and graphics Even lower-priced camcorders now give you the ability to produce snazzy opening credits and other effects.

Jim Rosemary, a spokesman for Sony, suggests checking out these effects in the store as well as the general quality of the camcorder. When testing, shoot the same object with each camera. Play back what you've recorded so that you can see the image's sharpness on videotape (use the same monitor for each so you'll have a basis for comparison). Also, don't forget to evaluate the sound.

With a wise purchase and a little practice you can make a real production out of your home movies. ■


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Decorator's Notebook

By Carolyn B. Noyes

SAY THANK YOU TO YOUR HOLIDAY HOSTESS

WITH THESE TOP PICKS OF PRESENTS UNDER $30

Great gifts



You can't beat the aroma of a fresh fir wreath topped with holly berries, pinecones and a tartan bow. By mail, $25 (22"), Christmas Ridge Handcrafts



Espresso Yourself, Melitta's one-cup stovetop espresso maker, $25.99



Chill out! Keep the cool in a favorite fine vintage with this double-walled wine cooler, from Williams-Sonoma, $13.50



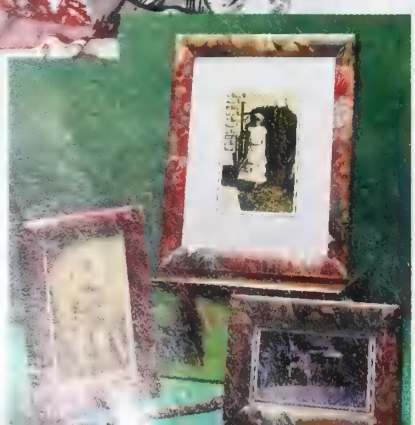
Handy Pop 'N' Serve Corn Popper by Black & Decker, $29.98, air-pops three quarts of popcorn



The tiniest trees for the dinner table, salt and pepper shakers, $12, at Pottery Barn



Cuddle down on Christmas Eve with a cotton lap blanket from Fieldcrest, $30; three seasonal designs available



Pretty as the picture is the frame you put it in. Floral wallpaper frames, $14.95, $16.95 and $22.95 at Conran's



Jingle all the way through a happy holiday with this wreath of jingle bells, $30, from Pottery Barn

Details, P.S. 24



It wasn't until
her going-away party,
surrounded by
her closest friends,
that Terese Mills,
bound for New York City
(to seek her fortune
as a graphic designer)
felt those awful pangs—
those hollow, aching
spasms of doubt
which often accompany
major changes
and make
lifelong dreams
seem like
a huge mistake.
Those pangs, however,
were melted
by a heartfelt gift
from her friends,
which carried with it
their love,
encouragement,
and the promise
of always staying
in touch.



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Celeb wrap-ups

WHEN THE PRESENT'S ONE-OF-A-KIND, THE PRESENTATION SHOULD BE, TOO. LEFT, STARS WHO TURN TO BONNIE FLEMING, OF BEVERLY HILLS, TO KEEP THEIR GIFTS CHICLY UNDER WRAPS. HERE, PRO WRAPPER BONNIE SHARES HER SECRETS FOR PERSONALIZED PACKAGING

● Bonnie's trademark is extravagant bubble bows set on solid-color gift wrap, like the one sprinkled with pinecones and holly, above. She also uses simple bow ties with glitter-sprayed silk flowers and crafts an evergreen tree from plastic leaves.

● How to determine the theme? Coordinate with the gift itself. Liz Taylor received a black-and-red leather jacket in a box of the same colors. For a gift of champagne, Bonnie adorns one of her big bows with mini plastic glasses overflowing with tinsel and tiny seed-pearl bubbles.

● Bonnie tailors wrappings to the personality of the recipient. For Linda Evans, who "radiates pastels," she uses peach tones, whereas John Forsythe inspires a silver-and-black motif.

● Other Christmasy designs: a big bow with mini wreaths, sleighs, toy soldiers and candy canes; white paper and bows with gold-glitter Santas, or pink paper with red ball ornaments and Santas.

Celebrity photos, from top: Mark Sennett/Onyx, Michael O'Neil/Outline, Mark Sennett/Onyx, Paul Harris/Outline.

Inn for the night

DOES YOUR GUEST ROOM MAKE THE GRADE? JUST RUN THROUGH OUR PRO CHECKLIST



Room, Laura Ashley.

☐ **AN INVITING BED** It should be pretty and comfortable, with no lumps, sags or popping springs. Is it long enough for a tall person? Leave an extra blanket or two at the foot.

☐ **CUSHY PILLOWS** Your guest could be allergic to feather pillows, so have a choice of feather or foam, hard or soft.

☐ **A NOVEL NIGHTSTAND** Provide tissues, an adjustable reading lamp, a vase full of fresh flowers and a few current magazines.

☐ **A CLUTTER-FREE CLOSET** Leave plenty of hangers (padded ones, too!) and hang a full-length mirror on the inside of the door.

☐ **A SQUEAKY CLEAN BATHROOM** Apply nonskid decals to the shower floor and provide a nonskid bath mat. Unclog drains, shine the tub and tile, install an automatic toilet bowl cleaner.

☐ **WELL-STOCKED SHELVES** Supply extra towels, bandages, toilet paper and trial-size toothpaste, mouthwash, shampoo and hand lotion. Look for sweet-smelling mini treats from specialty bath shops like Crabtree and Evelyn, Caswell-Massey and the Body Shop.

WILLIAM & CLARISSA



FOR OUR CHILDREN

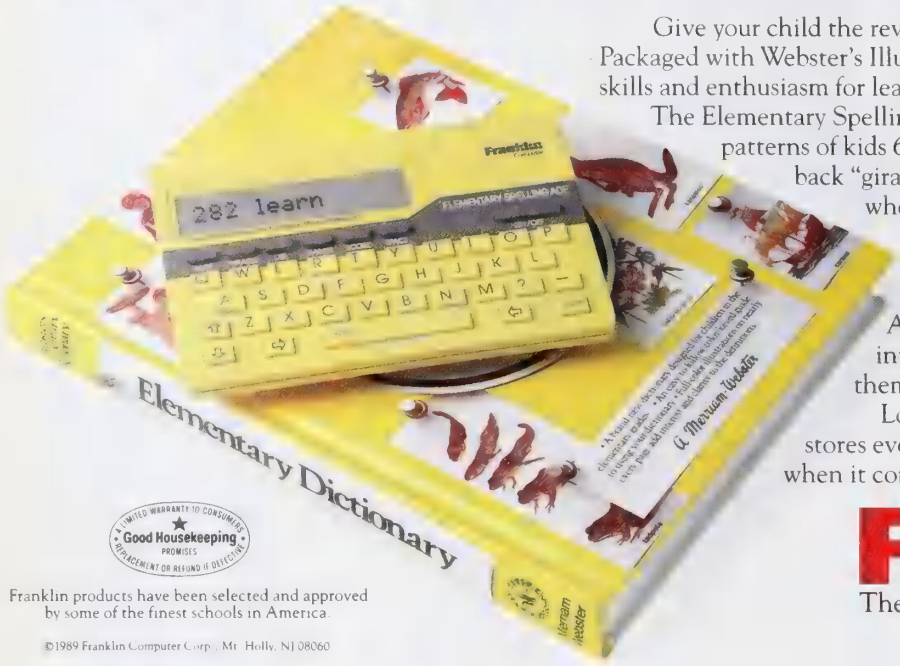
We use only the most gentle, rich nutritive ingredients in our special formulations... the purest of water, vitamins A, D & E, delicate extracts of aloe, peach, camomile, rose petal, and orange blossom. William & Clarissa. For our children. For everyday. For always. An expression of quality. Made with the most cherished ingredient of all... love.

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OIL POWDER SOAP SUNSCREEN LIP BALM GIFT BASKETS PERFUME

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P.S. What's it worth?

By June L. Johnson, ASA, and Pamela Guthrie O'Brien



We found this chest of drawers in the attic of our house when we moved in. Can you tell us how valuable it might be?—Joan Hoch, Lowell, MA

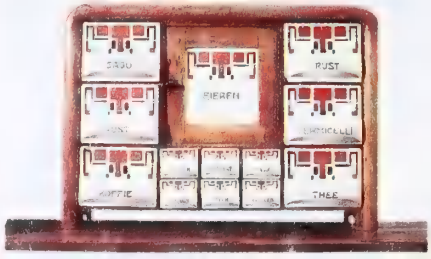
The "S" scroll side supports and the "C" scroll feet indicate that this is an American Empire–style chest of drawers. The wood is a flame-grained mahogany veneer. These chests were usually factory-made from 1840 to 1860. Depending on the overall condition of the piece, it's worth $450 to $600.

I bought this opaque glass cylinder lamp with a brass base at a tag sale for $20. The globe has been replaced, but the base of the lamp is as I found it. Can you tell more about it?
—Kathy Martins, New York, NY



Your fluid-burning lamp has a double wick mechanism and a built-in snuffer. At one time it probably passed through the shop of Henry and Nathan Russell of New York, manufacturers and dealers in English and American lamps. With the original shade, it would have been worth about $160; with the replacement shade, however, its value is $90 to $120.

What can you tell me about this spice rack and canister set? I've been told that it's an antique. —Margaret Smith, Montclair, NJ



This set is probably Czechoslovakian and d from 1920 to 1930. Thus, it would be cl fied as a collectible rather than an antique perfect condition, it is worth $200 to $250

This cabinet has been in my family for gen tions and was recently passed on to me. Wh its value? —Sarah Lynch, Philadelphia, PA



In perfect condition, your American Empire–style cabinet is worth $800 to $900.

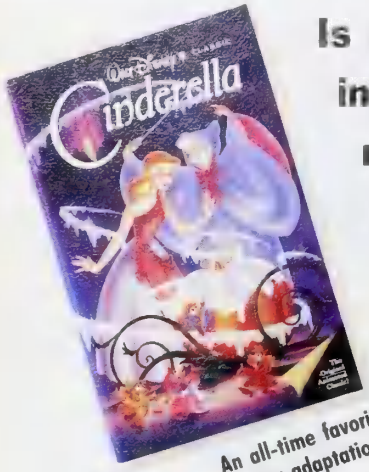
June L. Johnson, an appraiser in Prospect Heights, Illinois, is a senior member of the American Society of Appraisers.

We want to appraise your antiques. Sen color slide plus any info you know about object to: Prime Shopper Appraisals, L 100 Park Avenue, New York, NY 10017

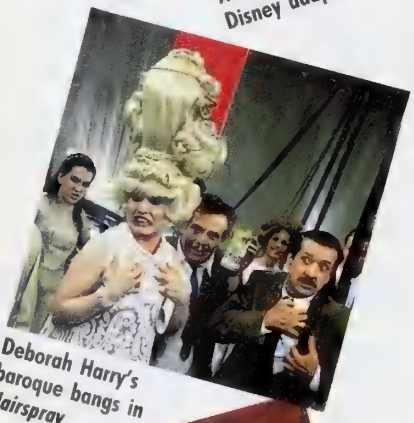
With Palmolive, this is how much dirt you could see on your dishes.
And how much red you could see on your hands.



P.S. MEDIA ROOM

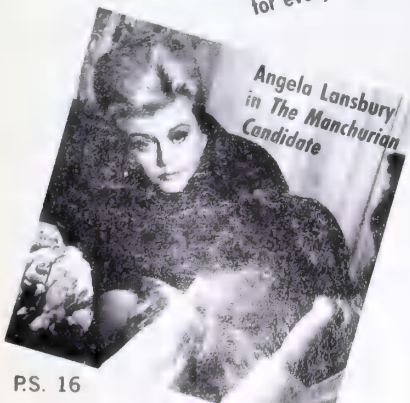


An all-time favorite Disney adaptation


Deborah Harry's baroque bangs in *Hairspray*



A coming-of-age film for every age



Is your VCR a battleground when the family goes into a holiday hibernation? We screened scores of movies and selected classics and new releases for all your couch-potato critics. By Jeff Bliss

SOMETHING FOR THE KIDS

For the younger ones, we've found a few films that are sweet but not sugary; for preteens, movies that are hip, not over their heads.

Bambi (Disney, 3 and up; 1942)—From the joy of such songs as "April Showers" to the death of Bambi's mother, this movie tugs the heartstrings in an earnest way.

Cinderella (Disney, 4 and up; 1950)—In this version of the well-known story, the stepmother isn't just wicked, she is a pathetic and jealous woman who manipulates with a sly brutality—which makes Cinderella's triumph all the sweeter.

Babar and Father Christmas (Hi-Tops, 4 and up; 1986)—The famous elephant king of the classic French children's stories takes time out from his courtly duties to persuade Santa to visit his country. A movie that's as good as the book.

2001: A Space Odyssey (MGM/UA, 10 and up; 1968)—Perhaps the only great movie in which a machine is the main character. HAL, a space-station computer, starts to plot against the astronauts who depend on it to maintain living conditions. Not content to tell just this story, director Stanley Kubrick shows the astronauts' fight for survival in terms of mankind's history. Highlight: the last twenty minutes of the film, in which Kubrick's incredible visuals climax in the mind-blitzing finale of colors and scenes rushing by at supersonic speeds.

Hairspray (Columbia, 10 and up; 1988)—It's 1963 in Baltimore, and growing up couldn't be ickier: The most popular girl in the city has it in for you; your best friend's mom locks her up for dating a black guy; and your parents keep telling you to turn down that @#$% music. Ricki Lake stars as the heroine who fights to become the featured dancer on the local teen show.

FOR THE WHOLE FAMILY

Your fifteen-year-old won't go "Aw, Mom!" to these films, and your six-year-old won't find any of them scary or incomprehensible.

My Life As a Dog (Paramount, 1987)—The plot sounds bleak—a little Swedish boy tries to come to grips with his mother's illness—but the movies celebrates life and childhood. Anton Glanzelius as the boy moves in with relatives who live in a town populated by eccentrics. At the end you feel like you've spent a glorious, engrossing lifetime with the characters. Some risqué situations. Dubbed or subtitled.

The Princess Bride (Nelson, 1987)—As the true love of Princess Buttercup, Cary Elwes must defeat the evil Prince Humperdinck (Chris Sarandon) to win her back. While the kids enjoy the action, you can appreciate the ridiculous but sincere Spanish swordsman (Mandy Pantinkin) and the smart-aleck wizard (Billy Crystal).

Bringing Up Baby (Turner Home Entertainment, 1938)—Trailing an errant leopard, Cary Grant and Katharine Hepburn shoot off witty dialogue in this frantic farce, considered one of the greatest of all time.

Duck Soup (MCA, 1933)—Groucho Marx as Rufus T. Firefly, president of the mythical kingdom of Freedonia, not only brings down the house but almost the country with able help from his manic co-conspirators, Chico and Harpo.

A Christmas Story (VCI, 1983)—Humorist Jean Shepherd reminisces about his childhood passion to possess a Red Ryder BB gun with a compass in the barrel. A movie for all seasons.

AFTER THE KIDS GO TO BED

Settle in with some hot toddies to watch any of these five movies, all of which have thought and sophistication to go along with the entertainment.

The Manchurian Candidate (MGM/UA, 1962)—One of the few movies that can be described as hilariously tragic, it's probably also one of the cleverest ever made by Hollywood. Angela Lansbury brilliantly plays the Machiavellian mother of a war veteran (Laurence Harvey). The garden-club scene is sublimely sinister.

Lawrence of Arabia (Columbia, 1962)—On TV you can't fully appreciate the movie's desert scenes or battles shot for a wide screen; as a result, the *(continued)*

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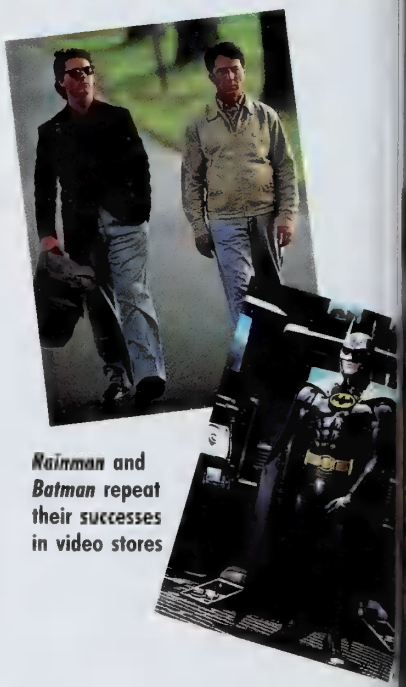
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P.S.

MEDIA ROO



***Rainman* and *Batman* repeat their successes in video stores**

(continued) complex character of T.E. L
rence (Peter O'Toole)—in all its quirki
and arrogance—becomes the focus.

Camille (MGM/UA, 1936)—With one lan
tilt of her chin toward Robert Taylor's
Greta Garbo captivates an audience in
great tearjerker. She plays a cynical w
an in nineteenth-century France who
first amused by Taylor's unabashed
and eventually converted to it.

The Big Easy (HBO, 1987)—Yes, Ellen Ba
and Dennis Quaid are as sultry as a
mer night in the French Quarter, but it'
mix of parody and melodrama that m
it a film worth watching over and o
New Orleans cop Quaid walks the fine
between submitting to corruption and
doing his job. Barkin convinces him to
low the straight and narrow.

The Apartment (MGM/UA, 1960)—No
wasted moment in this Billy Wilder com
With the help of Shirley MacLaine,
Lemmon transforms from neurotic yes-
to mensch.

HOTTEST MOVIES OF THE NEW YEAR

***People often use the VCR to relive the b
buster gone by. Below, box-office winners
on video that should do just as well at ho***

Batman (Warner)
Rain Man (MGM/UA)
Who Framed Roger Rabbit (Touchstone)
Working Girl (CBS/Fox)
Say Anything (CBS/Fox)

HOLIDAY RECIPE GUIDE

Presenting a tempting array of festive recipes to brighten your holiday menus from the test kitchens of some of America's leading food makers.



Southwest Chicken Pasta Salad

up **Mazola** corn oil
up lime juice
easpoon ground cumin
easpoon salt
easpoon sugar
easpoon hot pepper sauce
loves garlic, minced
unces Mueller's spring trio, cooked rinsed
ith cold water and drained
ups cubed, cooked chicken
rge tomato, seeded and chopped
up chopped cilantro leaves
up chopped red onion
an (4 oz) chopped green chilies, drained

n small bowl combine corn oil, lime juice, cumin, salt, sugar, hot pepper sauce and garlic until well mixed. In large bowl bine pasta, chicken, tomato, cilantro, red n and green chilies. Add dressing; toss to Cover; refrigerate several hours. Makes 6 ngs.

Mazola®



Hidden Valley Ranch Spinach Dip

1 pkg. **Hidden Valley Ranch®** Milk Recipe Original Ranch Salad Dressing Mix
2 cups (1 pint) sour cream
1 pkg. (10 oz.) frozen, chopped spinach, cooked and drained
¼ cup onion, minced
¾ tsp. basil
½ tsp. oregano

Combine ingredients. Stir to blend. Chill for at least 1 hour. Serve in hollowed out round loaf of french bread; use hollowed out section to make bread cubes for dipping.

Consumer Offer:

For more great recipes using Hidden Valley Ranch®, call 1-800-366-3063 and ask for our free cookbook.

Hidden Valley Ranch®



Holiday Citrus Cider

"A Tasty Citrus Cider Punch to Add Some Spice to Your Winter Entertaining"

4 cups **Minute Maid** Pink Grapefruit Juice Cocktail
4 cups **Minute Maid** Orange Juice
1 can (12 oz.) **Minute Maid** Frozen Concentrated Apple Juice, thawed and undiluted
3 cups water
½ cup packed brown sugar
12 whole cloves
2 sticks cinnamon
Orange slices studded with cloves (optional)

In a large saucepan, combine juices, water, brown sugar and spices. Mix well. Simmer for 10 minutes. Remove spices.

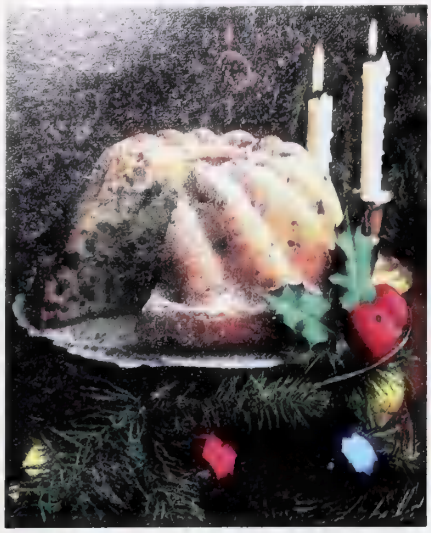
Serve hot in punch bowl or pitcher. If desired, garnish with clove studded orange slices.

Makes 26 (½ cup) servings

Minute Maid®

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HOLIDAY RECIPE GUIDE



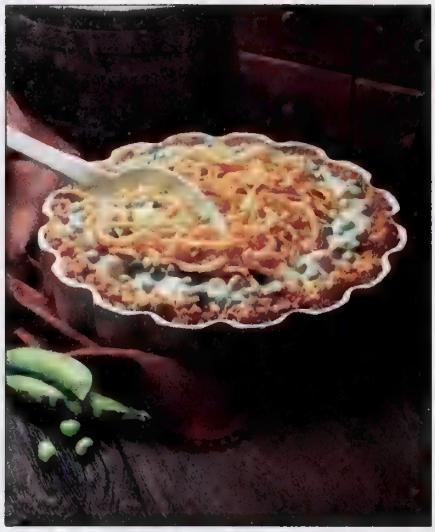
Creole Lemon Cake

- 2 cups butter or margarine, softened
- 2 cups sugar
- 6 eggs
- ½ cup lemon juice
- 3 tablespoons grated lemon peel
- 3¾ cups flour
- 2 teaspoons baking powder
- 4 cups coarsely chopped walnuts
- 2½ cups golden or natural raisins

In large mixer bowl cream butter and sugar. Gradually add eggs; beat well. Stir in lemon juice and peel. Combine remaining ingredients; stir in gradually, mixing just until blended. Spoon batter into greased and floured 10-inch tube pan; let stand 10 minutes. Bake in 325-degree oven 1 hour 45 minutes, or until browned and pick inserted into center comes out clean. Let cool on rack 15 minutes; remove from pan to cool completely. Wrap; let stand a day before slicing. Dust with powdered sugar before serving, if desired.

Makes one 10-inch cake.

This recipe has been tested by a [illegible] test panelist



Turkey 'N Stuffing Pie

Ready to bake in just 12 easy minutes

- 1¼ cups water
- ¼ cup butter or margarine
- 3½ cups seasoned stuffing crumbs*
- 1 can (2.8 ounces) **Durkee French Fried Onions**
- 1 can (10¾ ounces) condensed cream of celery soup
- ¾ cup milk
- 1½ cups (7 ounces) cubed cooked turkey
- 1 package (10 ounces) frozen peas, thawed and drained

Preheat oven to 350°F. In medium saucepan, heat water and butter; stir until butter melts. Remove from heat. Stir in seasoned stuffing crumbs and ½ can French Fried Onions. Spoon stuffing mixture into 9-inch round or fluted baking dish. Press stuffing evenly across bottom and up sides of dish to form a shell. In medium bowl, combine soup, milk, turkey and peas; pour into stuffing shell. Bake, covered, at 350°F for 30 minutes or until heated through. Top with remaining onions; bake, uncovered, 5 minutes or until onions are golden brown.

Makes 4 to 6 servings.

*3 cups leftover stuffing may be substituted for butter, water and stuffing crumbs. If stuffing is dry, stir in water, 1 tablespoon at a time, until moist but not wet.



Sweet & Sour Stuffed Roast Por

- 1 slice bacon, chopped
- ½ cup *each*: chopped onions and celery
- 1 teasp. *each*: minced ginger root and garlic
- 1 (8 oz.) can **La Choy** Sliced Water Chestnuts drained
- 1 (8-oz.) can pineapple chunks in juice, undrained
- 1 cup water
- 2 Tablesp. **La Choy** Soy Sauce
- 1 (6 oz.) box stuffing mix for pork
- 1 (3 to 4 lb.) boneless pork loin roast

Wooden skewers

- 1 (10-oz.) jar **La Choy** Original Sweet & Sour Sauce

In saucepan, fry bacon until crisp; remove bacon and reserve. In drippings, saute onions, celery, ginger and garlic until onions are tender. Stir in water chestnuts, pineapple, water, 1 tablespoon soy sauce and contents of stuffing seasoning packet. Bring to boil, reduce heat, cover and simmer 5 minutes. Add bacon and stuffing crumbs; stir until crumbs are moistened and set aside. In roasting pan, open pork roast and spoon about half of stuffing mixture into center of roast. Fold top of roast over stuffing. Spear roast with 3 to 4 wooden skewers on open side to hold together. Spoon remaining stuffing into small casserole, cover and set aside. Bake roast, uncovered, at 350°F for 2½ hours. Spoon remaining soy sauce over roast and brush sweet & sour sauce over all. Bake roast and remaining stuffing an additional 30 minutes or until roast cooks to 170° in the center. Makes 8 to 10 servings.

Raisins California



LA CHOY

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HOLIDAY RECIPE GUIDE



Cran-Apple Orange Cake

cups all-purpose flour
cups **Quaker Oats** (quick or old fashioned, uncooked)
cup sugar
cup chopped nuts
tablespoon baking powder
teaspoon salt (optional)
teaspoon baking soda
cup milk
eggs
cup finely chopped apple
cup (1½ sticks) margarine, melted
tablespoon grated orange peel
cups chopped cranberries
cup powdered sugar
teaspoons orange juice

eat oven to 325°F. Generously grease 12-cup Bundt® pan. In large bowl, combine first seven ingredients; mix well. milk, eggs, apple, margarine and orange ; mix until well blended. Fold in cranber- Pour into prepared pan. Bake 55 to 60 utes or until golden brown. Cool 15 minutes an; remove to wire rack. Cool completely. bine remaining ingredients, mixing until oth. Drizzle over cooled cake. Garnish with tional cranberries and nuts, if desired. 12 to ervings.

ion Information: Each serving (1/12 cake)
es 400, Carbohydrate 55g, Protein 7g, Fat 17g, Sodium g, Cholesterol 55mg, Dietary Fiber 2g.

Caramel Oatmeal Chewies

1¾ cups **Quaker Oats** (quick or old fashioned, uncooked)
1½ cups all-purpose flour
¾ cup packed brown sugar
½ teaspoon baking soda
¼ teaspoon salt (optional)
¾ cup (1½ sticks) margarine, melted
1 cup chopped nuts
One 6-oz. pkg. (1 cup) semi-sweet chocolate pieces
One 14-oz. bag vanilla caramels
¼ cup water

Heat oven to 350°F. Grease 13 x 9-inch baking pan. Combine first five ingredients. Add margarine; mix until crumbly. Reserve 1 cup for topping; press remaining mixture onto bottom of prepared pan. Bake 10 minutes; cool. Top with nuts and chocolate pieces.

In medium saucepan, melt caramels with water over low heat; stir until smooth. Remove from heat. Drizzle over chocolate pieces to within ¼-inch of pan edges; sprinkle with reserved oat mixture. Continue baking 15 to 18 minutes or until light golden brown. Cool. Chill until chocolate is set. Cut into bars. Store tightly covered in cool, dry place. Makes 32 Bars.

Nutrition Information: Each serving (1 bar)
Calories 200, Carbohydrate 26g, Protein 3g, Fat 10g, Sodium 95mg, Cholesterol 0mg, Dietary Fiber 1g.

Luscious Almond Cheesecake

1½ cups **Quaker Oats** (quick or old fashioned, uncooked)
½ cup finely chopped almonds
⅓ cup packed brown sugar
⅓ cup (5⅓ tablespoons) margarine, melted
Two 8-oz. pkg. cream cheese, softened
½ cup granulated sugar
1 teaspoon almond or vanilla extract
3 eggs
One 16-oz. carton (2 cups) dairy sour cream
2 tablespoons granulated sugar

Heat oven to 350°F. Grease bottom and sides of 9-inch springform pan. Combine first four ingredients; mix well. Press firmly onto bottom and 1½-inches up sides of prepared pan. Bake 18 minutes. Cool.

Beat cheese, sugar and ½ teaspoon almond extract at medium speed of electric mixer until fluffy. Add eggs, one at a time, beating well after each. Stir in 1 cup sour cream. Pour into prepared crust. Bake about 50 minutes or until center appears set. Spread combined remaining 1 cup sour cream, ½ teaspoon extract and 2 tablespoons granulated sugar over cheesecake. Continue baking 10 minutes. Loosen cake from rim of pan. Cool; remove rim. Chill. Garnish with whipped cream, mandarin oranges and almonds, if desired. 16 Servings.

Nutrition Information: Each serving (1/16 cheesecake)
Calories 300, Carbohydrate 20g, Protein 5g, Fat 22g, Sodium 140mg, Cholesterol 45mg, Dietary Fiber 1g.



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HOLIDAY RECIPE GUIDE



Chocolate White Treasure™ Brownies

- 1 cup all-purpose flour
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- ¾ cup sugar
- ⅓ cup butter
- 2 tablespoons water
- One 6-oz. pkg. (1 cup) **Nestlé® Toll House®** Semi-Sweet Chocolate Morsels or 3 foil wrapped bars (6-oz.) **Nestlé®** Semi-Sweet Chocolate Baking Bars
- 1 teaspoon vanilla extract
- 2 eggs
- One 10-oz. pkg. (1½ cups) **Nestlé® Toll House® Premier White Treasures™** Baking Pieces

Preheat oven to 325°F. In small bowl, combine flour, baking soda and salt; set aside. In small saucepan over medium heat, combine sugar, butter and water. Bring just to a boil; remove from heat. Add Nestlé Toll House Semi-Sweet Chocolate Morsels or Nestlé Semi-Sweet Chocolate Baking Bars and vanilla extract. Stir until chocolate melts and mixture is smooth. Transfer to large mixer bowl. Add eggs, 1 at a time, beating well after each addition. Gradually blend in flour mixture. Stir in Nestlé Toll House Premier White Treasures Baking Pieces. Spread into greased 9-inch square baking pan. Bake 30-35 minutes until center is just set. Cool completely. Cut into 2-inch squares.

Makes: 16 squares



Spaghetti Sauce

- 1 lb. **Jimmy Dean** Sausage (regular or hot)
- 1 lb. lean ground chuck
- 1 c. chopped onion
- 3 cloves garlic, minced
- 1 can (14½ oz.) diced tomatoes, undrained
- 1 can (12 oz.) tomato paste
- 1 can (4½ oz.) sliced mushrooms, undrained
- 1½ tsp. Italian seasoning
- 1 tsp. salt
- Dash cayenne pepper
- ¾ c. water

Crumble the meats into a large skillet and cook until browned; drain thoroughly. Add remaining ingredients and simmer for 1 hour. Yields 6 to 8 servings (7 cups).



"I Can't Believe It's Not Butter!®" Holiday Wreath Cake

Cake:

- 1 package (18.25 ounces) white cake mix
- ⅓ cup (stick or tub) **"I Can't Believe It's Not Butter!,"** melted

Filling and Frosting:

- ½ cup (stick or tub) **"I Can't Believe It's Not Butter!"**
- 1 pound (3½ cups) confectioners' sugar, divided
- 4 tablespoons milk, divided
- 1¼ teaspoons imitation rum flavor
- ½ cup chopped nuts
- ¼ cup shredded coconut
- 2 tablespoons drained, chopped, maraschino cherries

Prepare cake mix according to package directions using *egg whites only*. Substitute "I Can't Believe It's Not Butter!" oil. Bake in a greased and floured 10-inch tu pan. Cool. Combine ½ cup "I Can't Believe It Not Butter!" and 1½ cups sugar; beat until blended. Beat in remaining 2 cups sugar, 3 tablespoons milk and rum flavoring. Combin ¾ cup frosting with cherries, nuts and cocon Split cake into two layers. Spread bottom lay with fruit-nut filling. Replace top layer. Frost sides and top of cake. Decorate as desired.

Treasures

NESTLÉ TOLL HOUSE

Jimmy Dean

I Can't Believe It's Not Butter!

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HOLIDAY RECIPE GUIDE



Lemon Snowball Punch

bottle (7½ oz.) **Minute Maid®** lemon juice from concentrate, thawed
can (12 oz.) **Minute Maid®** frozen concentrated grapefruit juice, thawed and undiluted
quart (4 cups) ice cold water
cup strongly brewed tea
cup sugar
quart (4 cups) ginger ale
pint (2 cups) lemon sherbet

ombine first 5 ingredients; stir well. Pour over ice in punch bowl. Add ginger ale.
Form or scoop sherbet into balls, float on ch.
es about 30 (½ cup) servings.
ute Maid" is a trademark of The Coca-Cola pany.
ember, for fresh lemon taste:
ithout the preservatives found in other n juices, and
ithout the mess of fresh lemons,
in your grocer's freezer for **Minute Maid** 6 pure lemon juice (from concentrate).



5-Minute Homemade Spaghetti Sauce

Introducing **Del Monte®** Chunky Pasta Style Stewed Tomatoes. We simmer California, sun-ripened tomatoes to perfection with zesty Italian spices, so you can have a quick way to a thick, rich homemade taste. Use them in the recipe below or as a delicious start to your own special sauce.

1 can (14½ oz.) **Del Monte®** Chunky Pasta Style Stewed Tomatoes
1 can (6 oz.) **Del Monte®** Tomato Paste
3 ozs. water

Combine ingredients in saucepan; bring to boil. Reduce heat; simmer five minutes. Garnish with parsley if desired.



Brownie Swirl Cheesecake

1 8-oz. brownie mix
2 8-oz. pkgs. **Philadelphia Brand** Cream Cheese, softened
½ cup sugar
1 teaspoon vanilla extract
2 eggs
1 cup milk chocolate pieces, melted

Grease bottom of 9-inch springform pan. Prepare basic brownie mix as directed on package; pour batter evenly into springform pan. Bake at 350°, 15 minutes.

Combine cream cheese, sugar and extract, mixing at medium speed on electric mixer until well blended. Add eggs, one at a time, mixing well after each addition. Pour over brownie layer. Spoon chocolate over cream cheese mixture; cut through batter with knife several times for marble effect. Bake at 350°, 35 minutes. Loosen cake from rim of pan; cool before removing rim of pan. Chill. Garnish with whipped cream and chocolate shot, if desired.

10 to 12 servings.



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The time is ripe for USA pears.

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Oregon Washington California Pear Bureau
Photograph: C.B. Harding

P.S. Where-to-buy guide

Personal style

P.S. 1: Double-strand pearl necklace by Les Bernard available at major department stores. P.S. 2: Pearl cluster drop earrings and four-strand bracelet by Les Bernard; teardrop bracelet by Monet; all available at major department stores. Handbags by Vanessa for Fashion Imports available at Nordstrom's. Accessory Street scarf available at major department stores. P.S. 3: Basis Soap is available at Walgreen's, CVS, Osco Drugs, Long's, Drug Emporium. P.S. 4: Paperware is available at Bloomingdale's in New York; candles (#46880EG) through Bloomingdale's mail-order, 800-777-0000. Guzzini's acrylic flutes available at Plasticworks! In New York City, 212-535-6486.

Decorator's notebook

P.S. 10: The McKee Wreath from Christmas Ridge Handcrafts can be ordered by phone (using MasterCard or Visa) through December 8, 800-451-5411. Or send a check for $25 by December 1 for each wreath to: Christmas Ridge Handcrafts, Dept. RM, 322 Crab Orchard Road, Lancaster, Kentucky, 40446. For more information on Melitta's Espresso Yourself, contact the Melitta Sales Department at 800-257-8388. Fieldcrest's Christmas Lap Blanket is available in fine department and specialty stores. Floral wallpaper frames from Conran's, 201-905-8800. Double-walled wine cooler from Williams-Sonoma #401836, 415-421-4242. Salt and pepper shakers and jingle bell wreath from Pottery Barn, 415-421-3400. Black and Decker's Pop 'N' Serve popcorn maker, 800-231-9786. P.S. 11: M.I. Hummel figurines are available at fine gift stores. P.S. 13: The William & Clarissa collection of fragrances and personal care products for children are available at Bloomingdale's, F.A.O. Schwartz, I. Magnin, Saks Fifth Avenue, Dillard's and fine specialty stores. Call 800-722-KIDS. Page 14: Amity® Wallets may be purchased at leading discount stores and drug stores.

Product information directory

P.S. 11: The endearing charm of M.I. Humm figurines by W. Goebel Porzellanfabrik of We Germany have captured the hearts of gift give for over half a century. For a color brochure, se a $1.00 check to Goebel, P.O. Box 11, Route 3 Pennington, NJ 08534-0011. P.S. 13: William Clarissa are gentle fragrances and personal ca products created just for children. Only the mo gentle, rich, nutritive ingredients are used special formulations for children's precious ski All William & Clarissa products are dermatolog cally tested and pH-balanced. Gift baskets a samplers are available. For more information, c 800-722-KIDS. P.S. 24: Free microwave recip for USA Pears, including tips for selecting a ripening pears, identity and use for eight diffe ent kinds of USA Pears, and nutrition informatio Send a self-addressed, stamped envelope (#1 business-size) to Oregon Washington Californ Pear Bureau, 813 SW Alder, Suite 601, Portlan OR 97205.

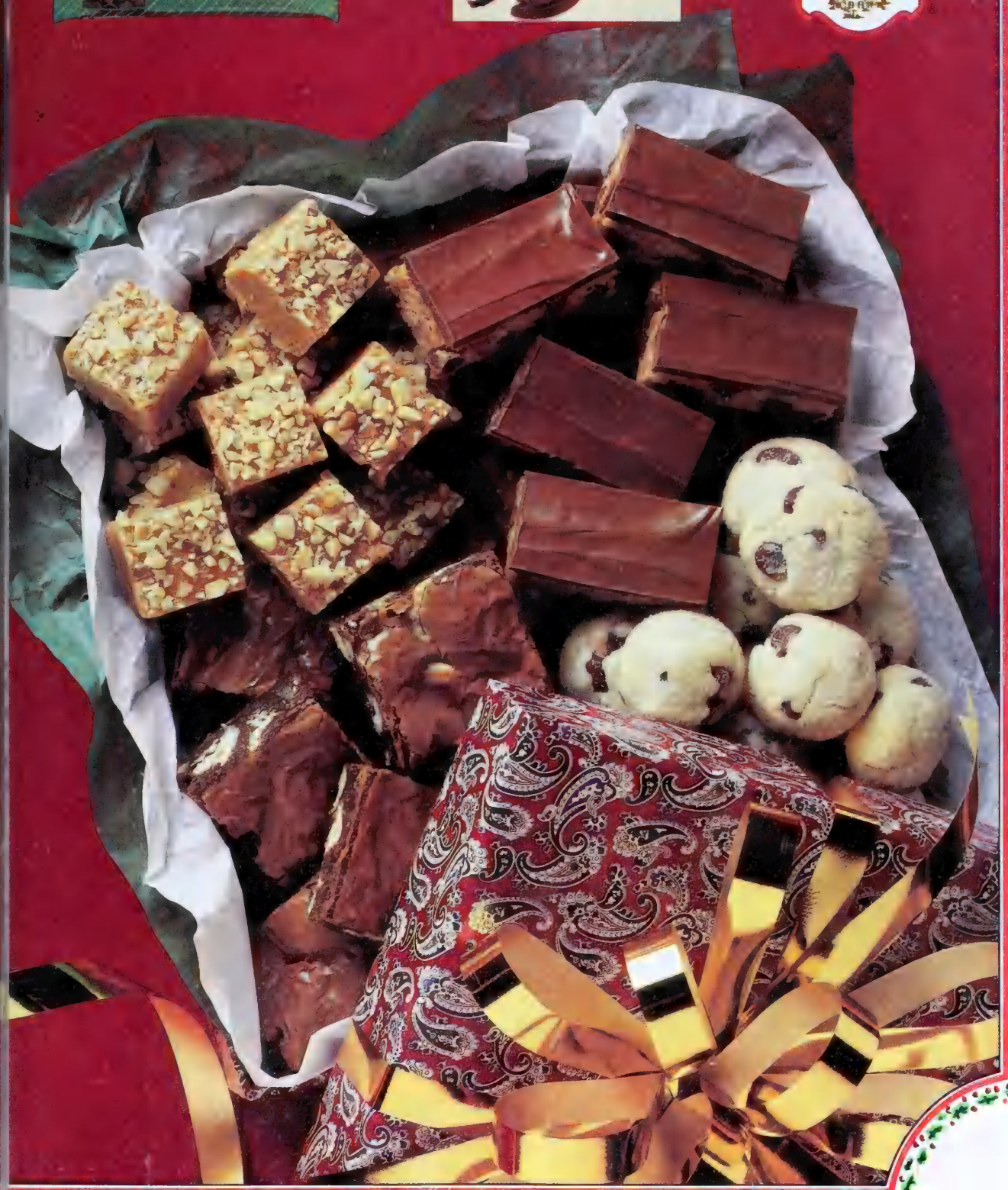
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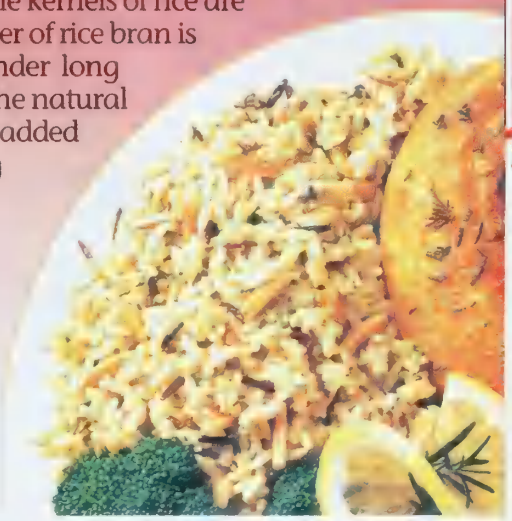
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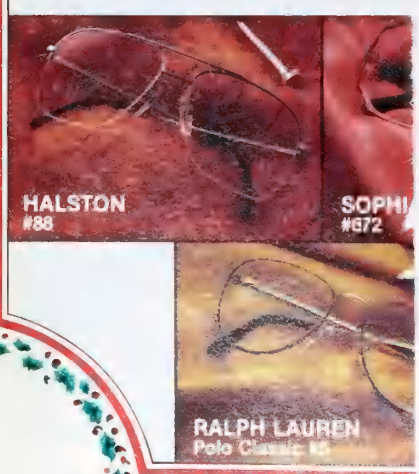
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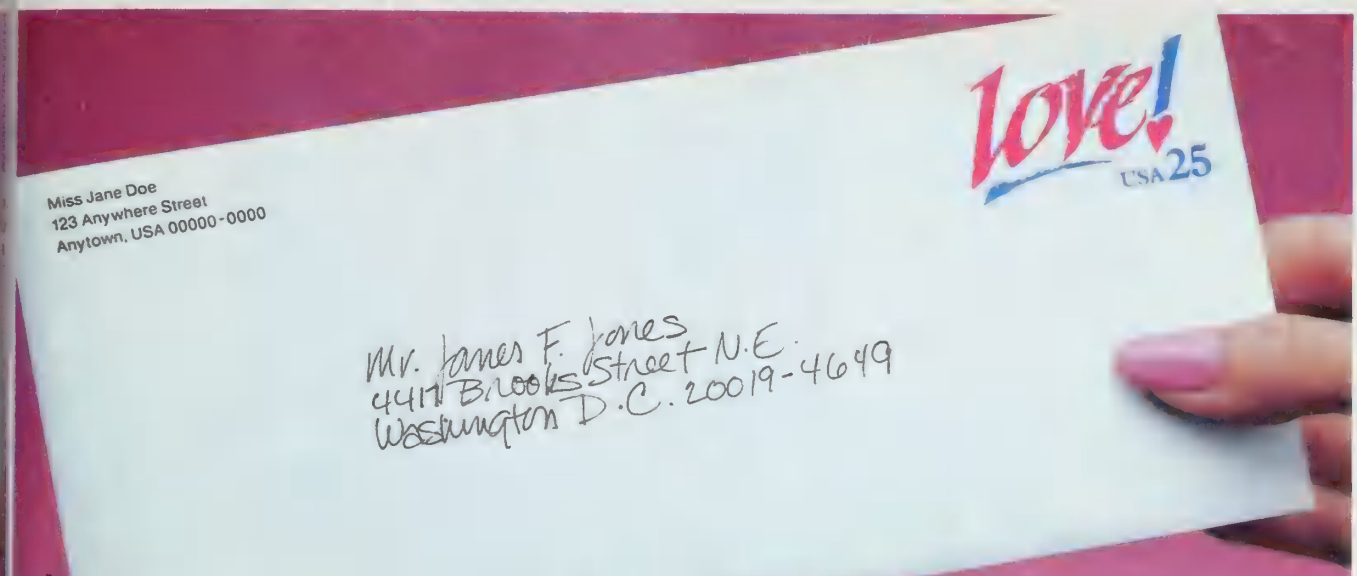


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Tribute





Photos, from top: Spooner/Gamma-Liaison, Ted Thai/Sygma.

A lunch with Lord Larry

In one of his final interviews the world's greatest actor looked back with humor at his dramatic life on and off the stage

By Christopher Andersen

It had taken nearly a year of letter writing and pleading over the telephone, but Laurence Olivier had finally agreed to sit down with me and discuss his career.

On the appointed day I walked into our meeting place, the oak-paneled Grill Room of London's legendary Savoy Hotel, precisely on time. To my surprise the man who was widely acknowledged to be the century's greatest actor sat patiently at a table against a far wall, sipping from a half-empty martini glass. Olivier had already battled several afflictions, and in his ninth decade he had the world-weary look of Lord Marchmain in *Brideshead Revisited.*

But only from a distance. Olivier's wife, actress Joan Plowright, had accused her husband of "always acting," and when I introduced myself it was indeed as if a curtain had gone up on another vintage Olivier performance. I had read that Lord Olivier (knighted in 1947, he later became the first actor in English history to be elevated to the House of Lords,in 1970) was put on the wagon because *(continued)*



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(continued) of his poor health, so I asked him point-blank if he had fallen off.

"I'm doing this just for you," he replied without missing a beat. "I want to sparkle. And I thought it might be a nice touch if, toward the end of the meal, I just slithered to the floor. Then you could pick me up." This did not happen but not for lack of trying. Over the next four hours Olivier would consume another martini, three glasses of red wine, one glass of white and two brandies. Meantime, I somehow found it impossible to go along with his request to "just call me Larry."

With all eyes in the crowded restaurant on our table, ordering became something of a theatrical event. Should I have mint jelly or currants with rack of lamb? "Mint jelly with lamb, currants with mutton," intoned Olivier as if he were playing Othello. "They are *very* rigid about that. Currants with lamb? For God's sake, man! Get hold of yourself!" At which point he heaped both on his plate. "To hell with it," he said, grinning. "I love them both."

As the memories came, Olivier spoke —for the most part with affection—of his co-stars on the stage and screen, including the legendary likes of "Gertie" (Gertrude) Lawrence, "Ralphie" Richardson, "Johnnie G." Gielgud, Alec Guinness, Greer Garson and "Quinny" (Anthony Quinn). Katharine Hepburn, who won an Emmy with him (they played two long-separated lovers who are reunited in the 1974 TV film *Love Among the Ruins*), impressed him with her "exceptional intelligence." She had been a witness at his 1940 wedding to Vivien Leigh, and they had had almost no contact in the intervening four decades. "It was very touching, really, to be sort of thrown together again after all those years. But," he continued in mock seriousness, "she and the director, George Cukor, had made *so* many films together, and I hadn't worked with either of them before. It was terribly unfair. A tragedy. Poor me . . . " Olivier even had kind words for Greta Garbo, who had him fired from her film *Queen Christina* in 1933. "Garbo was tremendous. She was an absolute magician in her medium, and she had every right to get rid of me," he said.





He played Marilyn's prince on camera, but offscreen he lived happily ever after with wife, Joan Plowright, and their three kids

Olivier also felt grateful to producer Samuel Goldwyn, the master of malaprops who threatened to fire him from the film Goldwyn referred to as "Withering Heights." Among other things, Olivier, valuing stage experience over screen credits, had called his *Wuthering Heights* costar, Merle Oberon, an "amateur bitch." Goldwyn called him "a rotten ham." Olivier was humbled. "He was right. I was terribly stagy. From that moment on," he recalled, "I was obedience itself."

Olivier was not so charitable toward his *Rebecca* co-star Joan Fontaine ("I'm afraid Joan and I never got frightfully well on") or toward Rex Harrison. "Oh, dear. No, I don't talk about him at all," he said, wincing. "Let's leave it at that." Dustin Hoffman, on whom he performed a torturous drilling as the sadistic ex-Nazi dentist in *Marathon Man*, relied on method acting techniques that left the master nonplussed. "Dusty stayed up two days without sleep to appear properly exhausted," said Olivier. "I told him, 'Dear boy, you really should learn to act—then you wouldn't have to put yourself through all this.' "

Olivier did not care for Marilyn Monroe, his co-star in *The Prince and the Showgirl* (1957). "She would keep people waiting for hours," he remembered. "She looked like a dream on the screen. But as a co-worker she was insolent, rude and insecure." I had read that as the child of a poor parson, Olivier was forced by his father to share the bath water with everyone else in the family. When I told him that as a child Monroe was also the last one in the tub, his eyes widened. "Really? When you are dirt poor," he mused, "you get to that point where you've either got to give up or get the hell out. I guess we both got the hell out."

Olivier ordered another glass of wine—Bordeaux this time—and began reminiscing about his childhood. The Reverend Gerard Olivier considered his youngest child little more than a nuisance—"an unwelcome drain on the family coffers." Their already-distant relationship became even more strained after his mother died, when Olivier was thirteen. "I have, as we say in the movies, a very split focus on my father," he said. "He was an extremely frightening, terrifying, sanctimonious Victorian clerical figure. He was also the first person to tell me bluntly one day that I was going on the stage. I was shocked beyond words that he had been thinking of me very deeply and that he cared."

At fifteen, Olivier had donned a dress and made his acting debut playing Katharine in a school production of *The Taming of the Shrew*. Eight years later, he got his big break, sharing the London stage with Gertrude Lawrence and Noel Coward in Coward's hit comedy *Private Lives*. As perhaps the greatest Shakespearean actor ever, Olivier electrified audiences with his athletic prowess, bounding from a fourteen-foot-high platform in *Hamlet* and knocking a fellow actor unconscious, and swinging his sword in *Macbeth* and *Henry IV, Part I* with all the panache of Errol Flynn.

Olivier did nothing halfheartedly. For *Hamlet* he dyed his hair blond, and he made his skin black in *Othello*—when Caucasian actors usually opted for a more subtle makeup. "If I'd been the 'noble Moor,' all kind of pale and coffee-colored, it would have been a cop-out," he said. "Othello was *black*." A wizard of disguise, he ran the gamut in fake beards, moustaches and noses, ranging from patrician (for *Oedipus Rex*, *Spartacus*, *Antony and Cleopatra* and *Caesar and Cleopatra*) to hooked (*Twelfth Night*, *The Merchant of Venice*, *Khartoum*) to scoop (*The Critic*, *The Entertainer*).

"I work from the outside in," he explained to me. "Once I've put on the right nose and the right wig, I can sort of crawl into the skin of the character. I love it when people say, 'My God, is that *him*?' "

Did that mean, I asked rather impertinently, that he was hiding from something? *(continued)*

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A LUNCH WITH LORD LARRY

continued

He considered the question carefully as the waiter served dessert: melon and strawberries. "I really don't know what I'm like," he answered, "and I'm not sure that I want to."

Greasepaint notwithstanding, Olivier went on to say that there were four necessary elements to become a great actor: "You need talent, luck, stamina and sex. By sex I don't mean the person has to be wildly attractive—only that he or she have a certain amount of sex appeal. Of all these the most important is luck. By far."

His favorite performance? "I woke up at five-thirty this morning and found the answer to that question," he said, oozing sincerity. "Now I don't remember it." With some prodding he allowed that, out of all his sixty-six films, he was proudest of his Academy Award-winning performance in *Hamlet* (which also won the Oscar for best picture in 1948). "It has everything I know in it: the monstrous scale, scope, challenge. You can't take on a role like that without being . . . enthusiastic."

There was an uneasy silence as he stared at a vacant table a few feet away. "It was 1935, and I was having supper. We wore white tie to supper back then. She was sitting right there," he said. "Except for seeing her on the stage, it was the first time I ever set eyes on that exquisite face. Yes, she saw me, too."

The apparition was Vivien Leigh, and at the time of that fateful supper they were both married to other people. Olivier even had a son, Tarquin, by his first wife, Jill Esmond. Olivier and Leigh finally wed five years later, not long after her American film debut as Scarlett O'Hara in *Gone With the Wind*. At first the Oliviers easily ranked as the world's most glamorous couple, but Leigh's extramarital escapades and her erratic behavior destroyed the marriage.

After all these years, he was still blaming himself for the breakup. "My fault, of course. Everything is. What isn't?" he sighed. "The worst part of me—the most boring part—my guilt complex. I feel almost responsible for the fall Adam and Eve."

Three months after his divorce from Leigh in 1960 married Joan Plowright. They had three children: Richa ("Dickie"), now twenty-eight, and daughters Tamsin, twe ty-six, and Julie-Kate, twenty-three.

Olivier conceded that he felt guilty about the twenty-tw year difference in ages between himself and his wife, a the strain his failing health had put on Plowright. "It mu be terribly har he said, "beil married to son one so much ol in every way h in wisdom."

At least two of children—Dick and Tamsin—a trying to follow their father's col sal footsteps. "C thing I am justly mous for is my ti ing," he said. won't be around be compared to. I timed the wh thing perfectly."

After our fo hour lunch, we c veniently bump into my wife, Va ie, and my dau ter, Kate, in the voy lobby (it's ways difficult pass up the cha to meet a legend was nearing f o'clock. When I troduced four-ye old Kate, Oliv bent down to t her hand. "D Kate, you are go to break hea someday," he s "Now, can you sh me where I mi go wee-wee?" W that request K led him toward rest room.

Later, as walked to chauffeur-driv limousine t would take h home, I asked O ier why he still agreed to appear in mediocre films—all for $1 million each. "My excuse is that I do it for money," he shrugged, "but that's not true. Work is eve thing to me. If I stop, I drop, and I don't want to dro Would he ever retire? "If I have to play the parson at own funeral," he added, "I will." With that Lord Oliv climbed into the back of his gleaming white Bentley, tip his hat—and drove off into a classic London fog.

Christopher Andersen often writes about celebrities for L



Let Jimmy Dean dress up your holidays

WITH CHEESY CORNBREAD DRESSING

1 lb. Jimmy Dean Sausage (regular, hot or sage)
2 pkgs. (8 oz. each) cornbread stuffing
2 slices white bread, cubed
1 c. sliced scallions
½ c. chopped celery
1 c. shredded Cheddar cheese
1½ tsp. poultry seasoning
¼ tsp. black pepper
2 cans (14½ oz. each) chicken broth
3 eggs, slightly beaten

FOR TOPPING

1 tbsp. fresh chopped parsley or 1½ tsp. dried parsley
½ c. shredded Cheddar cheese

Preheat oven to 350°F. Crumble sausage into a large skillet and cook until browned; drain thoroughly. Combine with remaining ingredients except topping ingredients. Pour into 3-quart baking dish and sprinkle with parsley and cheese topping. Bake uncovered for 30 to 35 minutes. Yields 8 servings.



Jimmy Dean.

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Ladies' Home Journal
December 1989

THE twelve DAYS OF CHRISTMAS

A DELIGHTFUL TRIBUTE TO *THE* QUINTESSENTIAL CHRISTMAS CAROL. HERE, RENOWNED PHOTOGRAPHERS TEAMED UP TO GIVE A MODERN TWIST TO A TUNE WITH ROOTS THAT DATE BACK TO THE MIDDLE AGES

On the first day of Christmas
my true love gave to me

A PARTRIDGE 'N' A PEAR TREE



MULTITALENTED STAR Shirley Jones loved being America's favorite rock 'n' roll mom on *The Partridge Family*. Busy as ever, Shirley has completed an album called *Silent Strength* for Diadem records and will host a PBS tribute to Richard Rodgers next March.



On the second day of Christmas
my true love gave to me

TWO TURTLE DOVES

ABRACADABRA! WITH A WAVE OF HER magic wand, magician Lisa Andrews can make almost anything appear. Here, she produced two perfect birds of a feather. These lovey doveys just happen to be Java doves—more adaptable for magical purposes than turtle doves.

On the third day of Christmas
my true love gave to me

THREE FRENCH HEMS

OOH LA LA! PARIS IS the best place to track the trends—that's where famed fashion photographer Norman Parkinson snapped these femmes fatales sporting très chic minis. Designers of these thigh-high hems are, from left: Jean-Louis Sherrer, Givenchy and the master of French froufrou, Christian Lacroix.





On the fourth day of Christmas
my true love gave to me

FOUR CALLING BIRDS

IF WE COULD TALK TO THE ANIMALS . . . MEET FOUR WHO CAN: top winners of the twenty-sixth annual Leonard J. Waxdeck Birdcalling Contest. Waxdeck, a biology teacher at Piedmont High School, in Piedmont, California, started the contest to liven up his class. Johnny Carson got word of it fifteen years ago and has featured the students on the *Tonight* show annually ever since. The flock (videotaped by the high school's video club), from left: first-place winner Patricia Wilson Raphael's grasshopper warbler, first runners-up Matthew Jay Freedman and Steven Bradford Harper mimic white-flippered penguins, and second runner-up Alicia Dori Gruber's red-shafted flicker. Talk about birdbrained!



On the fifth day of Christmas
my true love gave to me

FIVE GOLD RINGS

YOU MAY NOW KISS THE bride . . . and that's just what these newlywed grooms did, on the steps of St. Paul's Cathedral—the magnificent church where Di became a princess.

On the sixth day of Christmas
my true love gave to me

SIX GEESE A-LAYING

PANTOMIME IS A BELOVED CHRISTMAS tradition in England, and one of the most popular productions is the classic *Mother Goose*. Not always a ducky job—the mimes must crouch inside the skins with their heads at goose-breast level. But, silly goose, the show must go on.



On the seventh day of Christmas
my true love gave to me

SEVEN SWANS A-SWIMMING



MEET THE ESTHER WILLIAMS WANNA-BES! Everyone laughed when it was introduced at the Olympics, but synchronized swimming is a bona fide competitive sport that's a lot harder than it looks. In the swim is a team of high school students, eggbeating with their legs to form a pretty upright wheel. They train twenty hours a week to maintain their amazing grace.



On the eighth day of Christmas
my true love gave to me

EIGHT MAIDS A-MILKING

REMEMBER WHEN MILK CAME IN GLASS bottles and was delivered to your doorstep? Well, these days milk is big business (Americans consume more than seventeen million gallons a day!), and modern milkmaids toil for the dairy industry—where machines do almost all the work.

On the ninth day of Christmas
my true love gave to me

NINE PIPERS PIPING



WHAT WAS THE FIRST INstrument you learned to play? We bet it was a recorder. That wonderful woodwind we all tootled in grade school makes every child feel like a virtuoso.

Photos, from top: Steve Powell; Ken Griffiths; Jill Furmanovsky.


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On the tenth day of Christmas my true love gave to me

TEN DRUMMERS DRUMMING

THEY'VE GOT THE BEAT. CELEBRITY photographer Terry O'Neill sat in on a session of world-class rock-band percussionists. Clockwise from top left: Jo Ruocco of The Style Council, Ian Mosley of Marillion, Danny Chauvin of Wild Frontiers, Bobby Elliot of The Hollies, Steve Ferrera, session drummer for Duran Duran, Kenny Jones of the Who, Carl Palmer of Emerson Lake and Palmer, Matthew Letley of A-ha, Zak Starkey, son of Ringo Starr. Center, Nikko McBain of Iron Maiden.

On the eleventh day of Christmas my true love gave to me

ELEVEN LADIES DANCING

SHALL WE DANCE? Kicking up their heels for the holidays are members of Britain's Royal Ballet.





On the twelfth day of Christmas my true love gave to me

TWELVE LORDS A-LEAPING

ARISTOCRAT PHOTOGRAPHER PATrick Lichfield snapped himself and fellow blue bloods jumping for joy. From top left: Viscounts Weymouth and Cranley, Lords Kenilworth and St. John of Bletso, the Earl of Portsmouth, Lord Brocket. From bottom left: the Earl of Lichfield, the Marquess of Queensberry, Viscounts Lymington and Hay, the Earl of Erroll and Viscount Dillon. We hope this salute puts a spring in your step, too!

Photos, from top: Terry O'Neill, Anthony Crickman, Patrick Lichfield.

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MY TURN

THE MEMOIRS OF NANCY REAGAN

WITH WILLIAM NOVA

Photo, left, Harry Langdon Photography © 1989. Other photo credits, page 206.

In this moving memoir, Nancy Reagan finally reveals the intimate details of her fascination with astrology, her difficulties with her family, her face-offs with Raisa Gorbachev. Most of all, she tells the touching love story of her life with Ronald Reagan





When the young Nancy Davis posed for a Hollywood photo session (left), she'd never dreamed she'd one day be kissing the President of the United States (above, at one of the 1981 inaugural balls). Bottom right: One of Nancy's favorite photos of the President

When Ronnie and I moved to Washington in 1981, I never dreamed that our eight years there would be a time of so much emotion. But life in the White House is magnified: The highs were higher than I expected, and the lows were much lower.

While I loved being First Lady, those years were the most difficult of my life, and I soon came to realize that while Ronald Reagan was an extremely popular president, some people didn't like his wife very much. I just seemed to rub them the wrong way.

There were so many things that I longed to say but couldn't; it just wouldn't have been appropriate. But now those years are over, and it's my turn to describe what happened, to tell my side of the story.



THE NIGHTMARE I COULDN'T FORGET

On March 30, 1981, I had just returned from a luncheon when suddenly I saw the head of my Secret Service detail.

"There's been a shooting at the hotel," he said. "Some people were wounded, but your husband wasn't hit. Everybody's at the hospital." I started moving at the word *shooting*.

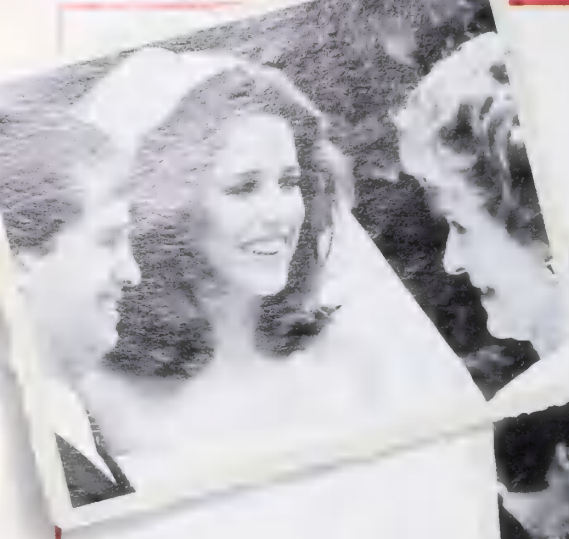
The emergency entrance of George Washington University Hospital was *(continued)*

From the book MY TURN: THE MEMOIRS OF NANCY REAGAN, by Nancy Reagan with William Novak. Copyright © 1989 by Nancy Reagan. Reprinted with permission of Random House, Inc.



After the assassination attempt, Nancy helped her husband recuperate by taking him on a walk through the hospital hallway. He did the same for her six years later as she recovered from breast surgery









Top, from left: a happy moment with daughter Patti on her wedding day; President Reagan gave the eulogy at his mother-in-law's funeral; at the 1985 private swearing-in. During one of her first public appearances after surgery, Ronnie mistakenly raised her arm too high. She whispered, "You're hurting me!" And so he kissed her



(continued) crowded, but all I remember is Mike Deaver, Ronnie's deputy chief of staff, standing there, staring at me.

"But they told me he *wasn't* hit," I stammered.

"Well," Mike said, "he was. But they say it's not serious."

"Mike," I pleaded, "I've got to see him. *They don't know how it is with us. He has to know I'm here!*"

It was a nightmare—the hospital was bedlam. I still wake up at night remembering that scene—confusion, voices, sirens, nurses, technicians, reporters, the Secret Service with their walkie-talkies. People running through the corridors, doctors barking orders and the police shouting, again and again, "Get these people out of here!"

Finally they said I could see him. Ronnie looked pale and gray. Underneath the oxygen mask, his lips were caked with dried blood. He saw me, pulled up the mask and whispered, "Honey, I forgot to duck." I was fighting tears too hard to smile, so I just leaned over and kissed him.

As I left the hospital that night, everything was illuminated by bright television lights. Chris Wallace of NBC told me later that I had looked so drawn, he decided not to ask me any questions. I can only imagine how I must have seemed if it was enough to silence a network reporter.

Back at the White House I tried to sleep, but it was hopeless. I spent the night glued to the television.





Not only did Nancy win lots of brownie points with the press, thanks to her surprise performance singing "Secondhand Clothes" at the 1982 Gridiron dinner, above, she even received a standing ovation. The following year: Christmas at the White House, with Patti and her future husband, Paul Grilley, and Ron with his wife, Doria Palmieri. Right, a rare evening at home



"Nothing can happen to Ronnie," I wrote in my diary that night. "My life would be over."

Once Ronnie was home again, I began to realize I'd come within an inch of losing the man I love. Six shots had been fired in less than two seconds.

I also thought about the young man who pulled the trigger and especially about his parents, who had sent me a moving apology. I could imagine how awful this must be for them, but I could not find it in my heart to feel compassion for their son.

I expected that the memory of the shooting would fade with time, but it never has. For the rest of Ronnie's presidency—almost eight more years—every time he left home, especially to go on a trip, it was as if my heart stopped until he got back.



MY INTEREST IN ASTROLOGY

One afternoon I was on the phone with Merv Griffin, an old friend from Hollywood days, and he mentioned that he had recently talked with Joan Quigley, a San Francisco astrologer. According to Merv, Joan had said, "The President should have stayed home. I could see from my charts that this was going to be a dangerous day for him."

"Oh, my God," I remember telling Merv. "*I could have stopped it!*" I hung up the phone, picked it up again and called Joan.



After we had talked several times, she finally said, "Why don't you let me know when the President plans to go out? I could tell you if those are good days or bad days." And so once or twice a month I would talk with Joan. What I wanted to know was if, for example, Ronnie was scheduled to give a speech in Chicago on May 3, should he leave Washington that morning or was he better off flying out the previous afternoon? Sometimes a small change was made in the schedule. But if a change wasn't possible, then that was that. No political decision was ever based on astrology.



I knew, of course, that if this ever came out, it could prove embarrassing to Ronnie—although I never imagined just *how* embarrassing. But as long as I worked with Mike Deaver, I knew my secret was safe. Mike was discreet.

Later, because I didn't know Don Regan very well, I was a little more careful—an instinct that I now wish I had taken more seriously.



At first Ronnie knew nothing about my conversations with Joan. I wanted to tell him about it, but I wasn't *dying* to tell him, and I kept putting it off. Then one day, after I'd been talking to Joan on and off for quite a few months, Ronnie walked into the bedroom while I was on the phone with her.

"Honey, what was that about?" he asked. *(continued)*

Top right: dancing with Mikhail Baryshnikov. Above: The White House pulled out all the stops for the First Lady's post-op homecoming. Middle: Raisa Gorbachev's dress seemed unusually severe. Later, Nancy learned that this was the only picture of the summit to be publicized in Russia. Bottom: a more relaxed Nancy, christening a ship







President and Mrs. Reagan's last moments in the White House were a time of private thoughts and mixed emotions. Nancy would soon be happily back at the ranch in California, but only after Ronnie's final farewell salute, just before boarding Air Force One for the last time

(continued) When I told him, he said, "If it makes you feel better, go ahead and do it. But be careful. It might look a little odd if it ever came out." Normally, I'm the one who sees a potential trouble spot. But boy, was he right. Politically, I made a terrible mistake when I started calling Joan, and now, of course, I realize that I was foolish to think it was possible to have any secrets in the White House.

When I heard that Don Regan was writing a book about his two years as chief of staff, it never, *ever*, occurred to me that he would use my interest in astrology and twist it to seek his revenge on Ronnie and me. As I watched him on the talk shows, I fumed.

In the midst of the furor, what I felt worst about was Ronnie, and I apologized to him. Ronnie was angry, too, but not at me. I don't think he will ever forgive Don Regan for writing that book.

MY DAUGHTER PATTI

There are four Reagan children. In order of birth they are Maureen, Michael, Patti and Ron. Maureen and Michael are the children of Ronnie's first marriage, to Jane Wyman.

I've had my ups and downs with all of them, but my relationship with Patti has been one of the most painful and disappointing aspects of my life. I wish it weren't true but somehow, no matter what I do, we seem to square off. And it's been this way from the start.

I was a nervous mother, and Patti was a difficult baby. She demanded constant attention. I wish I had been better at it, but I did the best I could.

When we put her down at night, she would scream for hours—at least it *seemed* like hours. The doctor said to let her cry it out. When guests came for dinner, the noises coming from Patti's room were so terrible that I was afraid they'd think somebody was in there beating her up!

As Patti grew older, I always encouraged her and praised her for her accomplishments, but much of the time she just didn't want to have anything to do with me. When I drove the car pool to school, she sat as far away from me as possible. When we were out together, she walked behind me instead of with me. I just didn't know what to do.

And yet I still have the notes that Patti slid under my door, telling me how much she loved me and that she hadn't wanted to hurt my feelings.

For six years Patti was the only child. We didn't plan it that way, but I had two miscarriages before Ron was born. Ronnie and I often had discussions about her, but he usually thought that whatever problem she was experiencing was "only a phase." I often wished he would be more assertive with Patti, and he now regrets that he wasn't.

After dropping out of college only a year before graduation, Patti left our home and went to live with Bernie Leadon, a guitarist with the Eagles. During her years with him, we had virtually no contact. It wasn't because she was living with a rock musician, although the Eagles were not exactly a mother's dream. It was that they were living together, which we just couldn't accept.

One afternoon I was talking to a friend on the phone, and from the bedroom window I saw Patti's red Toyota zooming into the *(continued on page200)*


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We took six of Hollywood's most glamorou stars shopping on famous Rodeo Dri (including a stop at the celebs' favorite boutique, Fred Hayma Beverly Hills) to find out how they dress to thrill

PARTY dazzle

Shari Belafonte's idea of sophisticated sexy is Norma Kamali's black velvet trousers teamed with Donna Karan's ivory silk bodysuit (V'd in the waist!). An accomplished actress and singer, Shari just completed her second LP—a mix of rock, reggae and pop.

Photos: Greg Gorman; hair and makeup, Gloria Romero, HMS Bookings. Details, page 207

By Lois Joy Johnson
Beauty and Fashion Editor



For standout style, Jamie Lee Curtis loves Giorgio Armani's strapless silk dress in stunning fuchsia. A natural comic, Jamie made a splash in *A Fish Called Wanda* and is shining in the sitcom *Anything But Love*.

Hair, Joanne Harris; makeup, Lona Mardock-Jeffers. Details, page 207.



Sheree Wilson, who plays sly April Stevens on *Dallas*, goes for unabashed flash like this red-hot minidress designed exclusively for Fred Hayman Beverly Hills. Not only did Sheree adore the dress we found for her, she had it shortened five inches and wore it to a party that night!

Hair and makeup, Steve Reilev, HMS Bookings.

British-born actress Amanda Pays turns up the heat in a metallic black-and-gold wrap top and black wrap skirt by Scherrer Boutique at Fred Hayman Beverly Hills. Amanda's next project is a two-hour movie for Turner Broadcasting with husband Corbin Bernsen, (of *L.A. Law*), titled *Tales of the Unexpected.*

Hair and makeup, Alfonso Noe. Details, page 207.

PARTY dazzle





Donna Mills steals the show in this elegant red-and-pink gown by Bob Mackie at Fred Hayman Beverly Hills. We loved Donna as Abby on *Knots Landing*, and her latest project, *The Lady Forgets*, a thriller for CBS, is bound to be a winner.

Hair and makeup, Jeff Jones, HMS Bookings. Details, page 207.

PARTY dazzle



What else would Designing Woman Julia Sugarbaker, a.k.a. Dixie Carter, wear but clothing by *the* designing woman, Donna Karan? Dixie's dandy in Donna's burgundy velvet smoking jacket, cream silk bodysuit and gold-sequin sarong.

Hair and makeup, Jeff Jones, HMS Bookings. Details, page 207.

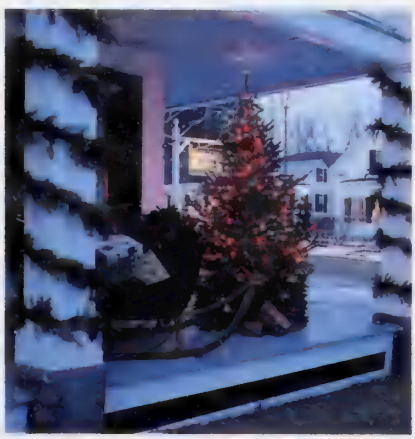


CHRISTMAS

EAST















By Karen J. Reisler
Associate Decorating and Design Editor

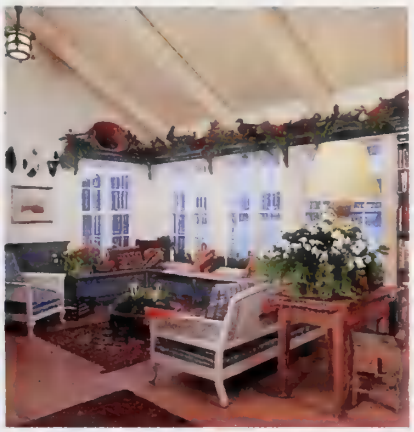
The East coasts into the yuletide season with all the charm of a Currier and Ives print, and this 1831 Vermont inn is no exception. When Elisha and Marjorie Prouty and their family and guests gather around the harvest table bearing the Christmas Eve wassail bowl, they're surrounded by favorite antiques—quilts, copper collectibles, a yarn-spinner-turned-chandelier—that lend a cozy air. The Proutys wrapped railings and rafters in garlands spotted with fruit for a traditional look. Standing sentry? A legion of folk-art Santas.

Photos, Jessie Walker; stylist, Sally Mauer; quilts, Joan Townsend, Oh Suzanna. Details, page 207



CHRISTMAS WEST













To get their Idaho home set for a West-dressed holiday, George and Pam Carlson turn to their Scandinavian heritage for inspiration. The lore of Santa Lucia, Sweden's patron saint of light, has the Carlsons dreaming of a bright Christmas, so candles are everywhere—on the table (with festive red tulips), on the tree (with baby's breath—but, of course, don't light them) and in the windows (to bring good luck to the home, or so goes the legend). Luminarias, a borrowed Mexican tradition, lead the way to a home all aglow.

Photos, Michael Jensen; stylists, Linda Humphrey McCallum and Marsha Bond. Details, page 207.

THE HOLLY AND THE IVY



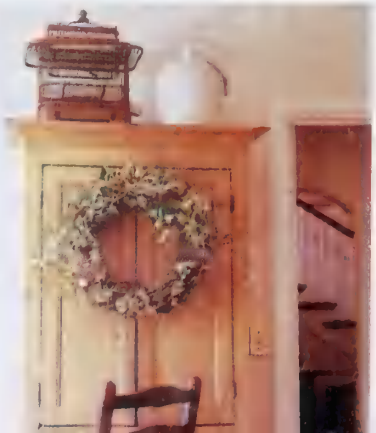


A JOLLY HOLLY HOLIDA
with all the berry-best trir
mings! Steal a Christmas ki
under a mistletoe ball made





Photos: Jesse Gerstein, floral stylist, Sylvia Greenbaum of Sylvia Floral Design, NYC. Details, page 207



boxwood, ivy and holly berrie
the season's most festive litt
gems. Mantels and banisters joi
the ivy league, too: Simply drap
the climbing vines, and dot wit
yellow and red berries. Fo
wreaths with real natural appea
combine holly and ivy wit
moss, pine boughs and grape
vine, then adorn with cranbe
ries, crab apples and red pear
There's no place like your wel
dressed home for the holidays



DECK THE HALLS WITH COOKIE HOUSES



NO BAKING REQUIRE

to create this charming elfin v

lage—using store-bought coo

ies means you can make the ti

town houses in half the time. U

them as place markers, or a

ribbons to make ornament

Christmas Eve, Santa's elv

just might curl up in these ad

able abodes! By Susan We











GENERAL TIPS

Instructions are given for constructing and decorating each basic house and ornament. Create your own variations for decorating the structures with dried spices, seeds, cereals, pretzels, candies, miniature cookies, nuts and gum, which all adhere to Decorative Icing.

Before you begin read through entire recipe. ■ Make Decorative Icing (to glue pieces and decorations) one recipe at a time. If icing is too thick, thin with water. If too thin, add confectioners' sugar. ■ Structure will be stronger if allowed to dry in stages.

EQUIPMENT

Small artist's brush
3 pastry bags with couplers and assorted tips
Serrated knife
Bottles and cans for bracing
Narrow decorative ribbon

DECORATIVE ICING

1½ cups confectioners' sugar
1 large egg white
Pinch cream of tartar

Beat all ingredients in large mixer bowl until smooth and thick, about 5 minutes. Store in tightly covered container up to 4 days. Makes about ¾ cup.

Note: **If you plan to make several houses, use 1 box (1 lb.) confectioners' sugar, 3 large egg whites and ½ teaspoon cream of tartar. Proceed as directed.**

CLOCK TOWER

Prep time: About 1 hour
Drying time: 1½ hours

¼ cup Decorative Icing
8 Pepperidge Farm Chessman cookies
1 Nabisco Old-Fashioned Ginger Snap or other flat round cookie
1 Peek Freans Fruit Creme biscuit
1 sugar ice-cream cone
1 piece Dentyne gum
1 tablespoon Decorative Icing tinted with ⅛ teaspoon Leaf-Green paste
1 tablespoon Decorative Icing tinted with ⅛ teaspoon Red-Red paste
1 green or red gumdrop

Fill pastry bag fitted with #3 round tip with Decorative Icing. Glue long edges of 4 Chessman cookies together with icing to form open-ended box. Repeat with remaining 4 Chessman cookies. Glue ginger snap to Fruit Creme. Let dry.

Meanwhile, pipe white dots on sugar cone. Pipe numbers around edges of round cookies for clock face. Let dry. Slice 2 slivers from gum; glue to clock for hands. Glue 1 cookie box on top of the other to form the tower. Let dry.

Glue ice-cream cone to tower. Let dry. Lay tower on its side and attach clock to tower at juncture with cone. Let dry.

Fill pastry bag fitted with #65 leaf tip with green icing. Fill another pastry bag fitted with #3 round tip with red icing. Pipe green holly leaves, red berries and white garland along seams on tower as pictured. Attach gumdrop to tip of cone. Let dry.

MINT-LEAF TREES

Prep time: 30 minutes
Drying time: 4½ hours

2 ice-cream sugar cones
¼ cup Decorative Icing thinned with ½ teaspoon water
8 green gumdrop leaves

Paint cones with half the icing. Let dry.

Meanwhile, slice each gumdrop leaf lengthwise in half; set aside.

Repaint cones with remaining icing. Press cut side of each leaf onto cone, starting at the wide base and working up. Press 2 leaf halves together over tip of cone, forming whole leaf at the top. Repeat with remaining cone. Makes 2 trees.

PIPED-LEAF TREES

Prep time: 1 hour
Drying time: 5 hours

2 ice-cream sugar cones
2 tablespoons Decorative Icing thinned with ½ teaspoon water
½ cup Decorative Icing tinted with ¼ teaspoon Leaf-Green paste
1 tablespoon Decorative Icing tinted with ⅛ teaspoon Red-Red paste
1 tablespoon Decorative Icing

Paint cones with thinned icing. Let dry.

Fill pastry bag fitted with #67 leaf tip with green icing. Pipe leaves on cone in swags up cone from wide base. Let dry.

Fill pastry bag fitted with #2 or #3 round tip with red icing. Fill another pastry bag fitted with #2 or #3 round tip with Decorative Icing. Pipe small red and white berries on tree. Repeat with remaining cone. Makes 2 trees.

LARGE-LETTER CHRISTMAS HOUSE

Prep time: About 1 hour
Drying time: About 1 hour 35 minutes

¼ cup Decorative Icing
4 Peek Freans Nice biscuits
1 teaspoon Decorative Icing thinned with ⅛ teaspoon water
1 Peek Freans Petit Beurre biscuit
About ¼ teaspoon silver dragées
5 green gumdrop leaves
2 Lu Le Petit Beurre biscuits
6 Pirouline roll cookies
About 1 tablespoon Cheerios
3 red or green gumdrops, bottoms trimmed
1 tablespoon Decorative Icing tinted with ⅛ teaspoon Leaf-Green paste
1 tablespoon Decorative Icing tinted with ⅛ teaspoon Red-Red paste

Fill pastry bag fitted with #3 round tip with Decorative Icing. Glue long edges of Nice biscuits together with icing to form open-ended box. Let dry.

Meanwhile, paint thinned icing on front of Peek Freans Petit Beurre biscuits. Press dragées into icing to form desired letter or pattern. Let dry.

Slice gumdrop leaves in half lengthwise to form 2 thinner leaves. Glue leaves to each Lu Le Petit Beurre biscuit, to be used as roof sides. Let dry.

Trim 6 Pirouline cookies to fit length of house. Glue 3 Piroulines lengthwise across open end of box. Then attach 2 more Piroulines, then remaining Pirouline to form a pyramid to support roof sides. Let dry. Glue lettered cookie to front of box, then attach roof sides to pyramid support. Let dry. With #16 star tip, decoratively pipe along roof seam; attach Cheerios for roof tiles. Pipe rosettes on gable; attach gumdrops. Let dry.

Fill another pastry bag fitted with #65 leaf tip with green icing. Fill another bag fitted with #3 round tip with red icing. Attach another #3 round tip to bag with white icing. Pipe green holly leaves, red berries, white dots and decorative garland along icing seams on house, as pictured. Let dry.

SMALL-LETTER CHRISTMAS HOUSE

Prep time: About 1 hour 10 minutes
Drying time: About 1 hour 45 minutes

¼ cup Decorative Icing
4 Social Tea biscuits
1 tablespoon Decorative Icing thinned with ¼ teaspoon water
2 Peek Freans Petit Beurre biscuits
1 tablespoon sliced natural almonds
1 National Arrowroot biscuit
About ¼ teaspoon silver dragées
1 Bahlsen Waffeletten roll cookie
1 tablespoon Decorative Icing tinted with ⅛ teaspoon Leaf-Green paste
1 tablespoon Decorative Icing tinted with ⅛ teaspoon Red-Red paste

Fill pastry bag with #3 round tip with Decorative Icing. Glue long edges of Social Tea biscuits together with icing to form open-ended box. Let dry.

Meanwhile, paint thinned icing on front of each Petit Beurre biscuit. Press on almonds for roof tiles. Let dry. Paint front of arrowroot biscuit. Press dragées into icing to form letter. Let dry.

Glue Waffeletten cookie lengthwise across 1 open end of box to form support for roof sides. Attach Arrowroot biscuit to front of house. Let dry. Glue roof sides to roof support. Let dry. Fill pastry bag fitted with #65 leaf tip

(continued)



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HILI CHEESE DIP

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Chili Beef Soup
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saucepan, blend soups. Slowly heat through, stirring often. Top with sour eam, chopped tomato and sliced pitted ripe olives if desired. Serve with tortilla ips or fresh vegetables for dipping. Makes 2½ cups.

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(continued) with green icing. Fill another bag fitted with #3 round tip with red icing. Pipe green holly leaves, red berries, white dots and decorative garland along icing seams on house, as pictured. Let dry.

LARGE PEAKED-ROOF HOUSE

Prep time: 1½ hours
Drying time: About 4 hours

6 Wasa crackers (4½ x 2½ in.)
⅓ cup Decorative Icing
¼ cup Decorative Icing thinned with 1 teaspoon water
4 Doria Bucaneve biscuits (ring cookies)
1 tablespoon fennel seeds
2 Dane Petite Tea cookies
About ¾ cup Rice Chex
2 Teddy Grahams
2 Belin Toutp'Tit Beurre biscuits
About 1 teaspoon Sno-Caps chocolate nonpareils
4 inscribed candy hearts
2 tablespoons Decorative Icing tinted with ¼ teaspoon Leaf-Green paste
1 tablespoon Decorative Icing tinted with ¼ teaspoon Red-Red paste

To form peaked walls of house: Place 2 crackers on flat surface with a short side facing you. Measure 2 inches down from top of cracker on each side. With serrated knife in sawing motion, gently cut from midpoint of top of cracker to measured points. Repeat with second cracker.

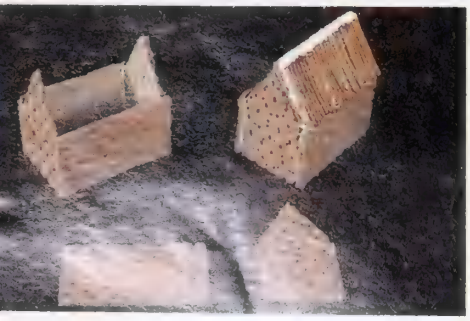
Fill pastry bag fitted with #3 round tip with ⅓ cup Decorative Icing. Glue short edges of cracker to straight edges of peaked crackers to form roofless house. Brace sides if necessary. Let dry.

Meanwhile, paint thinned icing on remaining 2 crackers, to be used as the roof. Attach 2 ring cookies to each side of roof. Gently press fennel seeds onto each side of roof. Let dry.

For ease in decorating, lay house horizontally. With thinned icing paint 1 front wall. Attach 1 Petite Tea cookie for door, and Teddy Grahams, as pictured. Attach Rice Chex for roof tiles. Let dry.

Paint 1 peaked cracker with thinned icing. Attach 1 Toutp'Tit Beurre biscuit for window, and Rice Chex, nonpareils and heart. Let dry. Repeat, decorating remaining 2 crackers. Glue each roof side to house. Let dry.

Fill pastry bag fitted with #65 leaf tip with green icing. Fill another pastry bag



fitted with #3 round tip with red icing. Pipe green holly leaves, red berries and white dots, as pictured. Then attach #16 star tip to pastry bag with white icing. Pipe decorative garland along icing seams on house. Let dry.

DOME-ROOFED HOUSE

Prep time: 1½ hours
Drying Time: 2 hours 45 minutes

½ cup Decorative Icing
4 Ile de France Petit-Beurre biscuits
1 Walkers Highland Oatcake
1 tablespoon Decorative Icing thinned with ¼ teaspoon water
About 2 tablespoons Sno-Caps chocolate nonpareils
1 inscribed candy heart
11 Pirouline roll cookies
6 Ritz Bits crackers
1 green gumdrop leaf
1 tablespoon Decorative Icing tinted with ⅛ teaspoon Leaf-Green paste
1 tablespoon Decorative Icing tinted with ⅛ teaspoon Red-Red paste

Fill pastry bag fitted with #3 round tip with ½ cup Decorative Icing. Glue short edges of Petit-Beurre biscuits together to form open-ended box. Let dry.

Meanwhile, with serrated knife, cut oatcake in half to form 2 half circles. With thinned icing, paint half the oatcake and attach some nonpareils and heart, as pictured. Let dry.

Glue each oatcake half, rounded side up, to top edge of front and back of house. Let dry. Glue Piroulines to round roof supports and to each another. Let dry.

Paint front of Petit-Beurre biscuit with thinned icing. Attach crackers and nonpareils, as pictured. Turn house and attach gumdrop leaf to other rounded gable and crackers. Let dry.

Fill pastry bag fitted with #65 leaf tip with green icing. Fill another pastry bag fitted with #3 round tip with red icing. Pipe green holly leaves, red berries, white dots and decorative garland along icing seams. Pipe letters on crackers to spell name. Let dry.

SILVER-ROOF ORNAMENT

Prep time: 1 hour 5 minutes
Drying time: 1 hour 30 minutes

¼ cup Decorative Icing
4 Social Tea biscuits
1 tablespoon Decorative Icing thinned with ¼ teaspoon water
2 Lu Le Petit Beurre cookies
About ¼ cup silver dragées
1 Bahlsen Waffeletten roll cookie
1 green gumdrop leaf
1 red gumdrop, bottom trimmed
1 tablespoon Decorative Icing tinted with ⅛ teaspoon Leaf-Green paste
1 tablespoon Decorative Icing tinted with ⅛ teaspoon Red-Red paste

Fill pastry bag fitted with #3 round tip with ¼ cup Decorative Icing. Glue long edges of Social Tea biscuits together to form open-ended box. Let dry.

Meanwhile, paint thinned icing on front of 2 Petit Beurre cookies. Press dragées into icing for roof tiles. Let dry. Paint scallop-edged box on the front of 1 Social Tea biscuit. Let dry.

Glue Waffeletten cookie lengthwise across 1 open end of box to form support for roof sides. Let dry. Tie 12-inch length of ribbon around center of cookie. Glue roof



sides to roof support, letting ribbon ends come out at center of roof; knot ribbon.

Slice gumdrop leaf in half lengthwise to form 2 thinner leaves. Glue 1 leaf to each side of house. Glue gumdrop to gable.

Fill pastry bag fitted with #65 leaf tip with green icing. Fill another pastry bag fitted with #3 round tip with red icing. Pipe green holly leaves, red berries, white dots and garland along icing seams and on roof, as pictured. Let dry.

SNO-CAP—ROOF ORNAMENT

Prep time: 1 hour 10 minutes
Drying time: 1 hour 30 minutes

2 Peek Freans Coffee Creme biscuit
¼ cup Decorative Icing
1 tablespoon Decorative Icing thinned with ¼ teaspoon water
2 Lu Le Petit Beurre biscuits
2 teaspoons red sugar
1 Belin Toutp'Tit Beurre biscuit
1 silver dragée
1 Bahlsen Waffeletten roll cookie
1 tablespoon Decorative Icing tinted with ⅛ teaspoon Leaf-Green paste
1 tablespoon Decorative Icing tinted with ⅛ teaspoon Red-Red paste
4 Sno-Caps chocolate nonpareils

Split 2 Coffee Creme biscuits; remove filling. Fill pastry bag fitted with #3 round tip with ¼ cup Decorative Icing. Glue long sides of Coffee Cremes together to form open-ended box. Let dry.

Meanwhile, with thinned icing paint scallop-edged rectangle on front of 2 Petit Beurre biscuits. Sprinkle with red sugar. Let dry. Paint small rectangle on front of Toutp'Tit Beurre biscuit; press dragée into icing. Let dry.

Glue Waffeletten cookie lengthwise across 1 open end of box to form support for roof sides. Let dry. Tie 12-inch length of ribbon around center of cookie.

Glue roof sides to roof support, letting ribbon ends come out at center of roof; knot ribbon. Attach nonpareil to each side of house and gables.

Fill pastry bag fitted with #65 leaf tip with green icing. Fill another pastry bag fitted with #3 round tip with red icing. Pipe green holly leaves, red berries, white dots and decorative garland along icing seams and on roof, as pictured. Let dry. ■

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HOW CHEDDAR CHEESE GIVES PLAIN VEGETABLES A TASTE YOU'LL FANCY

This bunch of broccoli was utterly uninspired, until a simple cheddar sauce melted your heart. How could something so easy make such a difference? Try this simple recipe and see!

MICROWAVE CHEDDAR SAUCE RECIPE

Heat 1 c. milk 2 minutes on medium high. Set aside. Melt 2 Tbs. butter 1 minute on high. Stir in 2 Tbs. flour, heat 1 minute more on high. Briskly stir in warm milk. Blend well. Cook on high 2½ minutes, or until boiling. Stir in 1 c. grated cheddar cheese. Blend well.



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Feast your eyes on elegant appetizers, incredible entrées and delightful desserts for a swell Noel . . . Make entertaining a breeze with **JULIA CHILD'S CHRISTMAS EVE** —a five-star menu with all the fixings . . . Cooking for a crowd? A New York caterer



FOOD JOURNAL



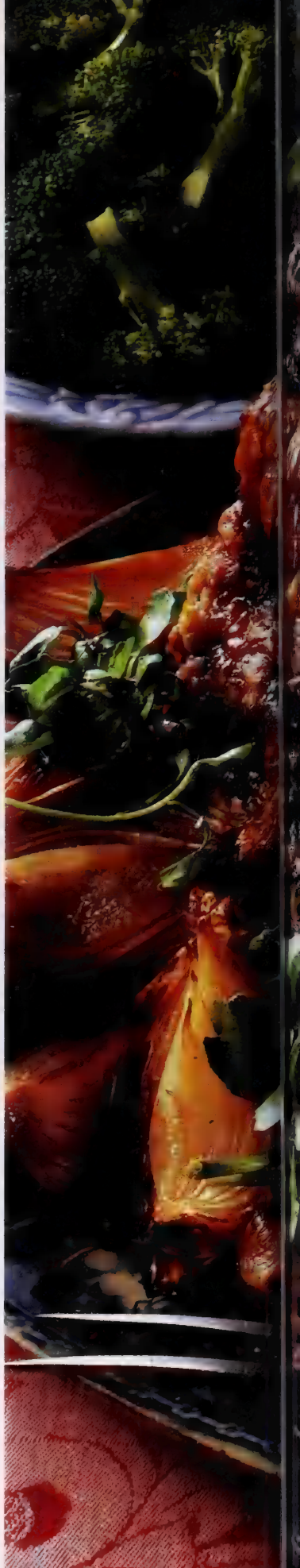
created **A GLORIOUS BUFFET** just for you . . . If you love giving homemade presents, **GIFT BREADS** make pretty parcels for everyone on your list . . . And for your favorite cookie monsters, our most-requested **CHRISTMAS COOKIES** are the cream of the crop from decades of great *Journal* recipes . . . It's beginning to look a lot like Christmas . . .





JULIA CHILD'S CHRISTMAS EVE

'Twas the night before Christmas and all through the house drifted the enticing aroma of a marvelous meal . . . What's cooking? Dinner for twelve from America's best-loved chef. Julia shares holiday recipes from her new book, "The Way To Cook": classic fare with a subtle French accent— simply the perfect pre-Santa supper!

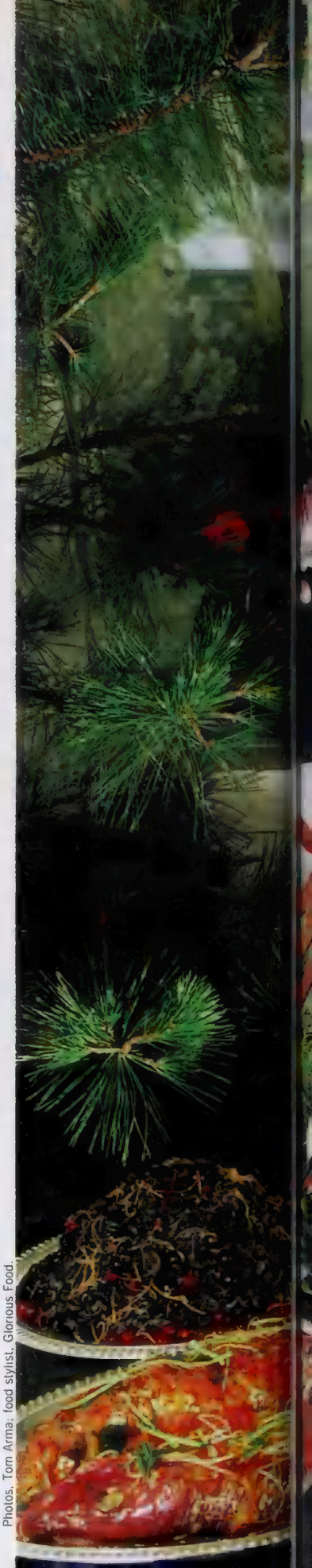






A GLORIOUS BUFFET

'Tis the season to be jolly, and what could be more joyous than gathering family and friends for a fabulous fete? To help you celebrate in style we asked top New York caterer Glorious Food to create a great buffet for twenty. The do-ahead menu means you can throw a terrific party and join the fun, too!



Photos: Tom Arma; food stylist, Glorious Food.



Challenging
Microwave

MENU FOR 12

*Pissaladière
*Fish Quenelles with Tomato Sauce
*Roast Prime Ribs of Beef with Horseradish Sauce
*Garlic Mashed Potatoes
*Caramelized Onion Quarters
Steamed broccoli
*Chicory with Bacon and Garlic Dressing
*Grapefruit Sherbet
*Bûche de Noël
*Chocolate Amaretto Truffles

*Recipe given

PISSALADIÈRE



"This is one of my favorites, a specialty of Nice. Be sure the onions are perfectly cooked and tender, since their sojourn in the oven is short."

Prep time: 35 minutes plus rising
Cooking time: 50 minutes

Dough
- 1 package (¼ oz.) active dry yeast
- ½ cup warm water (105°F.–115°F.)
- ⅛ teaspoon sugar
- ¾ cup cold milk
- 3 cups all-purpose flour
- 1½ teaspoons salt
- 2 tablespoons olive oil

- 4 cups sliced onions
- ¼ cup plus 2 tablespoons olive oil
- ¼ teaspoon thyme
- Salt and freshly ground pepper
- 2 large garlic cloves, minced
- 2 cans (2 oz. each) flat anchovy fillets, packed in oil, drained
- ½ cup grated Parmesan cheese, divided
- ½ cup Nicoise olives
- Fresh thyme sprigs, for garnish

Dough: Stir yeast, warm water and sugar in bowl and let stand 5 minutes. Blend milk into yeast mixture.

Combine flour and salt in food processor. With machine on, add yeast mixture, then oil. Process just until dough forms a mass on the blade. Let stand 5 minutes. Process 2 minutes more. On lightly floured surface, knead 50 strokes, let rest 2 minutes, then knead 20 more strokes.

Cover and let rise in warm, draft-free place until doubled in bulk, about 1½ hours. Shape and bake immediately or punch dough down and refrigerate up to 1 hour.

Meanwhile, cook onions in ¼ cup olive oil in skillet over medium-low heat until very tender, about 30 minutes. Remove from heat and season with thyme, and salt and pepper to taste. Cool. Mash 6 anchovies with garlic and 2 tablespoons oil. Set aside. Cut remaining anchovies into thin strips.

Preheat oven to 450°F. Place heavy cookie sheet on middle rack. Remove warm sheet from oven and brush with oil. Roll dough into 12-inch square on lightly floured surface. Place on warm cookie sheet. Spread anchovy mixture evenly over dough. Layer with ¼ cup Parmesan, then onions, then remaining Parmesan. Garnish with anchovy strips, olives and thyme. Bake 15 minutes, until crust is golden. Cut into 2-inch squares. Makes 3 dozen appetizers.

Nutrition info per square: 90 calories, 3 gm protein, 5 gm fat, 10 gm carbohydrates, 273 mg sodium, 3 mg cholesterol.

FISH QUENELLES WITH TOMATO SAUCE



"These are almost as quick to make as a burger. Serve these elegant morsels with a homemade tomato sauce."

Prep time: 30 minutes plus chilling
Cooking time: 50 minutes

Fish Quenelles
- 1 cup (8 oz.) scallops, chilled
- 1½ pounds flounder fillets, chilled
- 2 large eggs, chilled
- ½ to ¾ cup heavy cream, chilled
- 2 teaspoons freshly ground white pepper
- 1 teaspoon salt
- Pinch nutmeg

Tomato Sauce
- 2 tablespoons olive oil
- ½ cup minced onion
- 1 can (35 oz.) canned Italian plum tomatoes, chopped (reserve juice)
- ⅛ teaspoon thyme
- 1 bay leaf
- 2 large garlic cloves, chopped fine
- Salt and freshly ground pepper

- Parsley sprigs, for garnish

Fish quenelles: Chop scallops. Cut flounder into 1-inch pieces. Plac chilled fish in food processor with eggs ½ cup cream, salt, pepper and nutmeg Process, pulsing about 6 times, the process continuously until mixture i completely smooth. Scrape sides o bowl and process a few more seconds i needed. Mixture should hold a shap in a spoon. If too stiff, add remainin ¼ cup cream 1 tablespoon at a tim and process until blended. Refrigerat 30 minutes or up to 4 hours.

Tomato Sauce: Heat oil in saucepan Add onion and cook until translucent about 5 minutes. Stir in tomatoes thyme, bay leaf and garlic; heat t boiling. Reduce heat and simmer 4 minutes. Season to taste. Discard bay leaf. Puree sauce in food processor keep warm. Makes 3⅓ cups.

With oval (#24) scoop or by rounded tablespoonfuls, divide quenelles int 24 portions and place on wax paper Bring 2 quarts salted water to boil in saucepan. Reduce heat; when water i simmering, add quenelles four at a time. Cook, turning occasionally, unti just springy to the touch, 8 minutes Remove from pan and keep warm. Re peat with remaining quenelles. Serv with Tomato Sauce. Garnish with parsley. Makes 12 servings.

Nutrition info per serving: 165 calories, 16 gm protein, 9 gm fat, 5 gm carbohydrates, 410 mg sodium, 86 mg cholesterol.

ROAST PRIME RIBS OF BEEF WITH HORSERADISH SAUCE

"Here is the recipe for a large, top-quality five-rib roast—a real holiday treat."

Prep time: 5 minutes plus standing
Cooking time: 2½ to 3 hours

- 1 five-rib beef roast from loin end (12 lb.)
- 1 tablespoon vegetable oil
- ½ cup chopped carrots
- ½ cup chopped onion
- ½ teaspoon thyme

Horseradish Sauce
- 2½ tablespoons butter
- 3 tablespoons flour
- 1½ cups milk, heated to boiling
- ¼ cup horseradish
- 2 to 3 tablespoons Dijon mustard
- ½ teaspoon white wine vinegar
- 2 large egg yolks
- ⅓ cup heavy or whipping cream
- Salt and freshly ground pepper

Remove beef from refrigerator 1 hou before roasting. Preheat oven to 325°F Rub exposed ends of beef with oil place in roasting pan, fat side up Roast 60 minutes. Spread carrots, onion and thyme around beef. Roast 1 t 2 hours more, until thermometer inserted in thick end of roast register 120°F. Transfer to carving board. Le stand 20 to 30 minutes before carving Discard trussing strings, *(continued)*



Festive Lasagna

½ of a (1-pound) package Creamette® Lasagna, uncooked
2 lb. bulk Italian sausage
1 medium onion, chopped
2 cloves garlic, minced
1 (28-oz.) can whole tomatoes, cut up (undrained)
1 (12-oz.) can tomato paste
2 tsp. sugar
2 tsp. salt
1½ tsp. basil leaves
1 tsp. crushed red pepper
¼ tsp. pepper
2 (15-oz.) containers ricotta cheese
1 egg, beaten
⅓ cup chopped fresh parsley
1 tsp. salt
4 cups shredded mozzarella cheese
1 cup grated Parmesan cheese

Prepare Creamette® Lasagna according to package directions; drain. In Dutch oven, combine sausage, onion and garlic. Cook until sausage is no longer pink, stirring occasionally; drain. Stir in next seven ingredients. Bring to boil. Reduce heat; simmer 20 minutes. In medium bowl, blend ricotta, egg, parsley and salt. Spread a thin layer of sauce in 13x9-inch baking pan. Layer one-third each lasagna, remaining sauce, ricotta mixture, mozzarella and Parmesan cheeses. Repeat layers. Bake in a 375° oven until bubbly, about 1 hour. Let stand 5 minutes before cutting. Refrigerate leftovers. 12 servings.

FESTIVE
LASAGNA



Doesn't Your Recipe Deserve Creamette?

© 1988 Borden, Inc.

if any. Makes 12 servings.

Horseradish Sauce: Melt butter in saucepan; whisk in flour and cook, stirring, 1 minute. Pour in milk, bring to boil and cook, stirring, 2 minutes. Add horseradish, mustard and vinegar. Whisk in egg yolks and cook over medium-low heat until thickened. (Do not boil.) Pour in cream. Season to taste. Makes 2 cups.

Nutrition info per 3-ounce serving: 215 calories, 12 gm protein, 18 gm fat, 1 gm carbohydrates, 59 mg sodium, 54 mg cholesterol.

GARLIC MASHED POTATOES

"A subtle but mellow touch of garlic in a rich mass of mashed potatoes. A perfect side dish to the lusty beef."

Prep time: 20 minutes
Cooking time: 45 to 55 minutes

- **1 head garlic, peeled**
- **½ cup butter, divided**
- **1 cup heavy or whipping cream**
- **10 large baking potatoes, peeled**
- **1 cup milk, heated to boiling**
- **2 teaspoons salt**
- **½ teaspoon freshly ground pepper**

Combine garlic and ¼ cup butter in saucepan. Cook over low heat, until garlic is tender, about 35 to 45 minutes. (Do not brown.) Add cream and cook 10 minutes or until garlic is very tender. Puree in blender.

Meanwhile, quarter potatoes. Place in pot with salted water to cover; bring to boil. Cook until potatoes are fork-tender, 10 to 15 minutes. Drain. Transfer potatoes to large mixer bowl and beat with hot milk until smooth; beat in remaining ingredients and garlic mixture. Makes 10 cups.

Nutrition info per ¾ cup: 270 calories, 4 gm protein, 16 gm fat, 29 gm carbohydrates, 472 mg sodium, 51 mg cholesterol.

CARAMELIZED ONION QUARTERS

"The sharp, pungent flavor of the onions is transformed to tender sweetness by long, slow cooking."

Prep time: 5 minutes
Cooking time: 2½ hours

- **6 large onions (½ lb. each)**
- **4 tablespoons olive oil, divided**
- **½ teaspoon salt**
- **2 tablespoons red wine vinegar**

Preheat oven to 325°F. Brush 1 teaspoon oil on jelly-roll pan. Quarter onions, leaving skin on and root ends intact. Place skin side down on jelly-roll pan; brush with some oil and sprinkle with salt. Cover with foil and bake 30 minutes. Uncover and brush with remaining oil, sprinkle with vinegar and turn onions onto cut sid Bake 1 hour or until golden. Bast turn onto other side and continue ba ing 1 hour or until golden and tende Makes 12 servings.

Nutrition info per serving: 80 calories, 1 gm protei 5 gm fat, 8 gm carbohydrates, 94 mg sodium, 0 r cholesterol.

CHICORY WITH BACON AND GARLIC DRESSING



"The slightly bitter taste of the chico is a good contrast to the salty bacon."

Prep time: 10 minutes
Cooking time: 15 minutes

- **2 large heads chicory (about 12 cups leaves)**
- **½ pound thick or regular sliced bacon**
- **3 large garlic cloves**
- **¼ teaspoon salt**
- **1 tablespoon extra-virgin olive oil**
- **3 tablespoons red wine vinegar**



VHAT COOKS UP LIKE RICE,
ASTES LIKE PASTA,
ND HAS AS MUCH FIBER
S OAT BRAN?

answer is simple. Quick Quaker® Barley. A delicious 1.7 oz. serving as much soluble fiber as a 1.0 oz. serving of oat bran. What's more, it s in only 10 minutes. For whole-grain flavor, convenience, and ition, Quaker Barley is all you could ask for.

IMPERIAL CHICKEN BARLEY SALAD

3-oz. carton plain low fat yogurt
tablespoons lite soy sauce
small clove garlic, finely minced
teaspoon ground ginger (optional)
cups cooked Quick or Medium Quaker Barley*
¼-lb. cooked chicken breasts, chopped (4 small breast halves)
One 10-oz. pkg. frozen pea pods
One 9-oz. can sliced water chestnuts, drained
1 medium red pepper, cut into strips
Lettuce leaves

ge bowl, combine yogurt, soy sauce, garlic and ginger; mix well. Stir in barley, chicken, ods, water chestnuts and red pepper; mix until evenly coated. Cover; chill several hours or ight. Serve over lettuce leaves, if desired. Season with pepper to taste. 6 SERVINGS.

extra convenience, cook barley ahead of time. Freeze; thaw as package directs.

RITION INFORMATION: Each serving (1¼ cups) Calories 250; Carbohydrate 31g; in 24g; Fat 3g; Sodium 275mg; Cholesterol 50mg; Dietary Fiber 3g; Barley 0.8-oz.

ore delicious, quick-cooking recipes, send a 3×5 card containing your name and address, along with ck or money order for 45¢ to cover postage and handling, to: Quaker Barley Recipe Offer, P.O. Box 4462, e Plain, MN 55348. Group requests not accepted. Offer good only in U.S.A. and APO/FPO addresses.

Quick Quaker® Barley



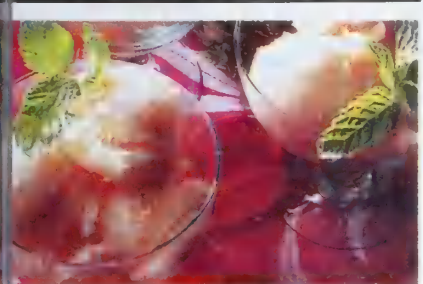
© 1989 The Quaker Oats Co.

Freshly ground pepper

ce chicory in large salad bowl. Cook bacon in skillet until crisp. ain on paper towels, then crumble d set aside. Pour off all but 2 table- ons drippings. Mash garlic cloves h ¼ teaspoon salt to fine paste. Add olive oil and garlic paste to drip- gs in skillet; cook 2 minutes over low at. Add wine vinegar and bring to l. Pour dressing over greens and toss h bacon and pepper. Serve immedi- ly. Makes 12 servings.

rition info per serving: 105 calories, 5 gm pro- 7 gm fat, 9 gm carbohydrates, 221 mg sodium, g cholesterol.

K GRAPEFRUIT SHERBET



think of it as sherbet in party dress en you serve it in goblets."

time: 35 minutes plus freezing

large pink grapefruits, rinsed
1 cup sugar
½ cup water
2 egg whites, lightly beaten
Mint sprigs, for garnish (optional)

Remove peel (colored part only) of 2 grapefruit with vegetable peeler. Combine peel with sugar. Place half the mixture in blender with half the water. Blend 2 minutes. Transfer to small saucepan. Repeat with remaining sugar-peel mixture. Add to saucepan and heat, stirring occasionally, until sugar is completely dissolved.

Cut all white pith from grapefruit. Cut grapefruit into segments from dividing membrane; reserve juice. Add enough juice to grapefruit to measure 4 cups. Transfer to blender and blend until smooth.

Pour puree into bowl with sugar-peel mixture. Refrigerate until completely cold, 2 hours or overnight. Whisk in egg whites. Freeze in ice-cream maker according to manufacturer's instructions. Makes 5 cups.

Nutrition info per ⅓ cup: 80 calories, 1 gm protein, 0 gm fat, 20 gm carbohydrates, 7 mg sodium, 0 mg cholesterol.

BÛCHE DE NOËL

"The traditional Yule log cake is a jelly-roll filled with chocolate and frosted with more chocolate. Meringue mushrooms add a decorative charm."

Prep time: 1 hour 50 minutes
Baking time: 1 hour 15 minutes

Spongecake
1½ cups blanched almonds
1⅓ cups plus 2 tablespoons granulated sugar, divided
6 large eggs, separated, at room temperature
1 cup milk
½ teaspoon almond extract
1 cup cake flour, sifted
¼ teaspoon cream of tartar
Pinch salt
3 tablespoons confectioners' sugar, divided

Filling and Frosting
12 ounces semisweet chocolate, cut in pieces
1½ teaspoons instant espresso dissolved in 3 tablespoons boiling water
1 cup sugar
⅓ cup water
4 egg whites, at room temperature
Pinch salt
Pinch cream of tartar
1 cup heavy cream, whipped

Imbibing Syrup
1 tablespoon sugar

(continued)

'T' IS THE SEASON for Ore Ida



Creamy Au Gratin Potatoes

Ore Ida®

½ C. frozen Ore-Ida Chopped Onions
1 10½ oz. can cream of celery or cream of mushroom soup
1 3-oz. pkg. cream cheese, cubed
3-4 C. frozen Ore-Ida Southern Style® Hash Browns or Potatoes O'Brien
⅓ C. shredded Cheddar cheese

1. Preheat oven to 400° F. Grease a 1-qt. casserole dish. 2. In 1-qt. saucepan over med. heat, cook frozen onion till tender. Stir in soup and cream cheese cubes; cook, stirring constantly till smooth and hot. 3. In casserole, alternately layer frozen potatoes and hot cream sauce ending with a sauce layer. 4. Cover and bake 45 min., or till sauce is bubbly and potatoes are tender. Remove from oven and sprinkle with shredded cheese. Yield: 4-5 servings.

Microwave Preparation

Place frozen potatoes and onions in 1½-qt. casserole dish. Cover and microwave on HIGH power for 8-10 min., or till potatoes are tender. Stir once during cooking. In a small microwaveable bowl, soften cream cheese by microwaving 30-40 sec. Stir in soup. Stir mixture into potatoes; cover and microwave on HIGH for 6-8 min. or till center is hot, stirring once during cooking. Top with shredded cheese and let stand 5 min.

MANUFACTURER'S COUPON | NO EXPIRATION DATE | 20¢

SAVE 20¢

When you buy any ORE-IDA® Southern Style Hash Browns or Potatoes O'Brien



Any other use constitutes fraud.
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LIMIT—ONE COUPON PER PURCHASE.

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JULIA CHILD

continued

⅓ cup warm water
2 tablespoons orange-flavored liqueur

ngecake: Preheat oven to 375°F. ease two 15x10½-inch baking pans. e with wax paper; grease and flour er.

inely grind almonds with ⅓ cup ar in blender. Beat egg yolks in er bowl at high speed, gradually ing 1 cup sugar until mixture is e yellow and forms ribbon when ters are lifted, about 5 minutes. h mixer at low speed, beat in al- nds, then milk and almond extract. d in flour until combined.

Whip egg whites, cream of tartar l salt to soft peaks in clean mixer l. Sprinkle on 2 tablespoons sugar; t until peaks are stiff and glossy. r one quarter of the whites into bat- ; carefully fold in remaining. read batter into prepared pans.

Bake 10 to 12 minutes, until light den and top springs back when ched with finger.

Meanwhile, place 2 clean towels on 2 kie sheets; sift 1 tablespoon confec- ners' sugar onto each towel. Remove es from oven and let stand 2 min- s. Invert onto towels, remove from ns and gently peel off paper. Trim ¼ h from long sides with serrated fe. Sift 1½ teaspoons confectioners' ar over each cake; roll loosely jelly- l fashion, from shorter end. Cool m side down on wire rack.

ling and Frosting: Place chocolate d coffee in top of double boiler over mering water. Heat, stirring, until lted. Cool. Heat sugar and water il dissolved. Cook to soft-ball stage 5°F.- 240°F.). Meanwhile, in large er bowl beat egg whites with salt d cream of tartar to soft peaks. wly beat in sugar syrup in steady eam at medium-high speed. In- ase speed to high and beat until l, about 5 minutes. Remove 2 cups ringue and immediately make Me- gue Mushrooms.*

Beat chocolate into remaining me- gue. Fold in one quarter of the ipped cream, then fold in remaining am. Divide mixture in half; refrig- te half for frosting.

bibing Syrup: Stir sugar into water til dissolved. Add liqueur. Unroll es and spoon syrup over both.

Spread half the filling on each cake within ½ inch from edges. Re-roll es. Cut small piece from end of 1 on the diagonal; set aside. Arrange ls on platter end to end to form a ge log. Place reserved slice on top of to make a stump.

Reserve 2 tablespoons frosting for attaching mushrooms. Frost log to give it a barklike look. Refrigerate until 30 minutes before serving time. To serve, cut into ¾-inch slices. Makes 20 servings.

**Meringue Mushrooms:* Adjust oven rack to middle position. Preheat oven to 200°F. Grease cookie sheet; cover with parchment paper. Spoon 1 cup meringue in pastry bag fitted with #6 (½-inch) plain tip. Pipe 18 to 20 dome shapes for mushroom caps. Spoon 1 cup meringue in another pastry bag fitted with #1 (¼-inch) plain tip. Pipe 18 to 20 conical shapes, for stems. Bake 1 hour or until meringues are dry. Cool.

To assemble mushrooms, pierce a hole in bottom of caps with small knife. Dip the tapered end of stems in reserved frosting, then set into caps. Cover and set aside at room temperature. Just before serving, sprinkle with cocoa and arrange in clusters on logs.

Nutrition info per serving: 350 calories, 7 gm protein, 18 gm fat, 44 gm carbohydrates, 55 mg sodium, 84 mg cholesterol.

CHOCOLATE AMARETTO TRUFFLES



"These easy-to-make, sturdy truffles will sit on the sideboard for a while without softening."

Prep time: 30 minutes plus chilling ◒

2 bars (4 oz. each) German sweet chocolate
¼ cup amaretto liqueur
1 teaspoon instant espresso dissolved in 2 tablespoons boiling water
½ cup unsalted butter, cut up and chilled
1 tablespoon vanilla extract
½ cup sifted cocoa powder

Melt chocolate with amaretto and espresso in top of double boiler over simmering water. Stir until smooth. Remove top of double boiler from heat. Whisk in butter 1 tablespoon at a time until smooth. Add vanilla. Cover and refrigerate until firm, about 3 hours.

Scoop mixture into rough round shapes. Roll in cocoa and place in paper cups. Store in refrigerator up to 3 days. Makes 3 dozen.

Nutrition info per truffle: 65 calories, 0 gm protein, 5 gm fat, 5 gm carbohydrates, 1 mg sodium, 7 mg cholesterol. ■

A GLORIOUS BUFFET

continued from page 165

◯ Easy ● Challenging ◒ Moderate Ⓜ Microwave

MENU FOR 20

Basket of endive with
*Red Pepper Coulis
*Foie Gras Grapes
*Roulade of Smoked Salmon
*Tartlets of Wild Mushrooms
*Red Snapper with Saffron Vegetables

*Fruited Roast Loin of Pork with Cumberland Sauce
*Vegetable Salad with Chestnuts
*Wild Rice Salad
Mixed green salad
Assorted cheese
Assorted bread

*Croquembouche
*Warm Fruit Compote with Bourbon Whipped Cream
*Bridie McSherry's Christmas Pudding

*Recipe given

RED PEPPER COULIS

A coulis is a fruit or vegetable puree that can be served as a sauce or a dip. For this one, roasting the peppers heightens their sweetness. Substitute yellow peppers for red, if desired.

Total prep time: 35 minutes ◯

2 red peppers
1 tablespoon mayonnaise or salad dressing
1 teaspoon minced garlic
¼ teaspoon salt
⅛ teaspoon freshly ground black pepper
Pinch ground red pepper
Endive leaves, for dipping

Prepare grill or preheat broiler. Grill or broil peppers 4 inches from heat, turning several times until skin is blistered and charred, about 15 minutes. Transfer to plastic bag or covered container. When cool enough to handle, peel and seed peppers.

Combine roasted peppers in food processor or blender; process until very smooth. Add mayonnaise and process until blended, 15 seconds more. Stir in garlic. Season with salt and ground red and black peppers. *(Can be made ahead. Cover and refrigerate up to 3 days. Let stand at room temperature 15 minutes before serving.)* Serve as a dip for endive leaves. Makes ¾ cup.

Nutrition info per teaspoon: 5 calories, 0 gm protein, 0 gm fat, 1 gm carbohydrates, 18 mg sodium, 0 mg cholesterol.

(continued)



We don't know why it's called chili sauce, either.

What's in a name?

Try chunks of fresh tomatoes. The sweetest onions. And a blend of mild spices that brings a tangy taste to all of your favorite recipes.

That's our Heinz Chili Sauce.

Call it what you will. You'll make a name for yourself with every meal you make.

Sweet & Sour Meatballs



1 pound lean ground beef
1 cup soft bread crumbs
1 egg, slightly beaten
2 tablespoons minced fresh onion
2 tablespoons milk
1 clove garlic, minced
1 teaspoon salt
Dash pepper
1 tablespoon vegetable oil
⅔ cup Heinz Chili Sauce
⅔ cup red currant jelly

Combine first 8 ingredients; form into 40 bite-size meatballs, using ■ full teaspoon for each. Brown meatballs lightly in oil. Cover; simmer 10 minutes. Drain excess fat. Combine chili sauce and jelly; pour over meatballs. Heat, stirring occasionally, until jelly is melted. Simmer 10 to 12 minutes until sauce has thickened; baste occasionally. Makes 40 appetizers (¾ cup sauce).

For your FREE Heinz Chili Sauce recipe Booklet, just write: Heinz U.S.A., P.O. Box 1153, Boston, MA 02277-1153.

Heinz © 1988 H. J. Heinz Co.

■ A GLORIOUS BUFFET

continued

TARTLETS OF WILD MUSHROOMS



Tartlet shells are tedious to make, so when you have tim prepare extras and freeze them.

Prep time: 1 hour 15 minutes plus chilling
Cooking time: 45 minutes

Pastry

- **2 cups all-purpose flour**
- **Pinch salt**
- **½ cup butter or margarine, cut up**
- **¼ cup vegetable shortening**
- **6 to 8 tablespoons ice water**

Wild Mushroom Filling

- **2 tablespoons butter or margarine**
- **2 tablespoons minced shallots**
- **1 teaspoon minced garlic**
- **1½ pounds white mushrooms, sliced thin, and 1 ounce dried wild mushrooms, soaked in ½ cup hot water 30 minutes, drained and sliced thin (reserve liquid)**
- **½ cup dry vermouth**
- **¼ teaspoon rosemary, crumbled**
- **1½ cups heavy or whipping cream**
- **½ teaspoon salt**
- **½ teaspoon freshly ground pepper**

1 tablespoon minced chives

Pastry: Combine flour and salt in bowl. With pastry blend er, cut in butter and shortening until mixture resemble coarse crumbs. Sprinkle on water 1 tablespoon at a time tossing with fork until pastry holds together. Shape int ball. Cover and refrigerate 1 hour.

Preheat oven to 400°F. Roll half the pastry 1/16 inc thick. Cut twenty-four 2½-inch circles from pastry. Pres each circle onto bottom and up sides of 24 miniature muf fin-pan cups. Prick pastry several times with fork; freez 10 minutes. Bake 12 to 15 minutes, until golden. Repea with remaining pastry.

Remove shells from pans. *(Can be made ahead. Wrap and freeze up to 1 month.)* Just before serving, reheat shells on cookie sheet and place in 400°F. oven about 5 minutes Spoon 1 heaping teaspoon filling into each shell. Sprinkl with chives. Makes 5 dozen.

Wild Mushroom Filling: Melt butter in large skillet ove medium-high heat. Add shallots and garlic; cook, stirring until translucent, about 2 minutes. Add mushrooms an cook, stirring, 5 minutes more. Add vermouth, reserve mushroom liquid and rosemary; reduce liquid to 1 table spoon, about 10 minutes. Add cream, salt and pepper; cook until mixture thickens and is reduced to 1½ cups, about 1 minutes. Transfer to bowl. *(Can be made ahead. Cover an refrigerate up to 24 hours. Reheat in saucepan over medi um-high heat, stirring frequently, until hot.)*

Nutrition info per serving: 80 calories, 1 gm protein, 6 gm fat, 6 gm carbohydrates, 54 mg sodium, 17 mg cholesterol.

GRAS GRAPES

amy liver pâté is rolled around crisp grapes for a satisfy- and unusual hors d'oeuvre.

time: 35 minutes plus chilling

pound goose or chicken liver mousse
teaspoon cognac
bunch (1 lb.) seedless grapes, rinsed, dried and chilled
cups shelled pistachio nuts or toasted walnuts, chopped
Grape or lemon leaves, for decoration

t mousse and cognac until smooth. Refrigerate 1 hour. o roll grapes, take small amount of mousse mixture in m of your hand. Place grape in center and top with ther small amount of mousse; roll until completely ted with mousse. Place on wax-paper-lined plate. Re- t with remaining grapes and mousse. Refrigerate 2 rs. *(Can be made ahead. Cover and refrigerate up to 24 rs.)*

o serve, roll grapes in nuts. Arrange on platter to emble bunch of grapes. Decorate with leaves. Makes 5 en.

ition info per appetizer: 60 calories, 2 gm protein, 5 gm fat, 2 gm ohydrates, 0 mg sodium, 11 mg cholesterol.

LADE OF SMOKED SALMON



save time, use prepared crepes from the produce section our supermarket.

time: 25 minutes plus chilling

ackage (8 oz.) cream cheese, softened
easpoon minced fresh chives
easpoon chopped fresh dill
inch *each* salt and freshly ground pepper
repared crepes (9 in.)
ound thinly sliced smoked salmon
unce caviar (optional)

t cream cheese, chives, dill, salt and pepper until both. With spatula, spread mixture evenly over crepes. er each crepe with one quarter of the salmon. Roll up y-roll fashion. Wrap tightly and refrigerate 2 hours.

o serve, cut rolls diagonally into ½-inch-thick slices. each with a dab of caviar. Makes about 5 dozen.

ition info per slice: 25 calories, 2 gm protein, 2 gm fat, 1 gm carbohydrates, g sodium, 6 mg cholesterol.

SNAPPER WITH SAFFRON VEGETABLES

ou can't find snapper, substitute tilefish or sea trout.

time: 1 hour
king time: 20 to 30 minutes

ablespoons plus 1 teaspoon olive oil
whole red snapper, sea trout or tilefish (4–5 lbs. each), boned and butterflied
ablespoons coarse or kosher salt
easpoon freshly ground pepper
nedium onions, sliced thin
emons, sliced thin and seeded

heat oven to 400°F. Line two *(continued)*



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Garden Vegetable Dip

1 package (8 ounces) cream cheese, softened
⅔ cup Heinz Chili Sauce
2 tablespoons minced fresh onion
½ teaspoon chili powder (optional)
¼ teaspoon salt
⅛ teaspoon pepper
Chilled fresh vegetables
Potato or tortilla chips



In bowl, beat cheese until fluffy; blend in chili sauce and remaining ingredients. Cover; chill. Serve with chilled fresh vegetables or chips. Makes about 1⅔ cups.

Note: To soften cream cheese, Microwave at MEDIUM (50%) 1 minute.

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Heinz
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A GLORIOUS BUFFET

continued

15½x10½-inch baking sheets with foil; brush with ½ teaspoon oil. Place open fish on sheets. Sprinkle each cavity with salt and pepper. Place half the onion slices on bottom half of fish; top with lemon slices. Drizzle each with 1 tablespoon oil, fold top half down to cover lemon. Brush with ½ teaspoon oil. Bake 20 to 30 minutes, until fish is just opaque. Serve at room temperature with saffron vegetables. *(Can be made ahead. Cover and refrigerate up to 3 hours.)* Makes 20 servings.

Saffron Vegetables

- ¼ cup olive oil
- 1 cup sliced onions
- 1 cup julienned carrots
- 1 cup julienned celery
- 1 cup julienned leeks, white part only
- 2 tablespoons minced shallots
- ½ teaspoon saffron
- ½ cup dry white wine
- ½ cup clam juice
- 1 teaspoon minced garlic
- 1 cup julienned green onions

Heat oil in large skillet over medium heat. Add next 6 ingredients; cook, stirring, until vegetables are translucent, 5 minutes. Add wine, clam juice and garlic; simmer until vegetables are just tender, 10 minutes. Stir in green onions. Serve warm or at room temperature. Makes 2 cups.

Nutrition info per serving: 160 calories, 22 gm protein, 6 gm fat, 5 gm carbohydrates, 532 mg sodium, 39 mg cholesterol.

FRUITED ROAST LOIN OF PORK WITH CUMBERLAND SAUCE

The pork is served at room temperature. Cumberland Sauce is a classic sauce for cold meat or poultry.

Prep time: 1 hour plus marinating ○
Cooking time: 60 to 70 minutes

- 1 pork loin, boned and butterflied (5–5½ lbs.)
- Salt and freshly ground pepper
- ¾ pound dried apricots
- ½ cup shelled whole pistachios
- 1 tablespoon vegetable oil

Marinade

- 1 cup chopped onions
- 1 cup carrots
- 1 cup celery
- 4 garlic cloves, chopped
- 1 tablespoon chopped fresh ginger
- ¼ cup brown sugar
- ¼ cup dry mustard
- 1 tablespoon *each* cracked pepper and salt
- 1 bay leaf
- ½ teaspoon thyme
- 1 cup red wine
- 1 cup brandy

Season roast with salt and pepper. Place double row of apricots down center of meat. Place row of pistachios down center of apricots. Cover nuts with another double row of apricots. Carefully roll up roast. Tie at 1-inch intervals with kitchen twine. Cut roast into 2 equal pieces.

Marinade: Combine all ingredients in large shallow pan. Place roasts in pan and turn to coat. Refrigerate 4 hours or overnight.

One hour before roasting, remove meat from refrigerator and preheat oven to 375°F. Pat meat dry with paper towels. Strain marinade, reserving vegetables and liquid.

Place roasts in large shallow roasting pan and rub with oil. Sprinkle with salt and pepper. Roast 10 minutes; turn and spoon reserved vegetables around roasts. Baste meat with reserved liquid and cook 20 minutes more. Turn meat again, stir vegetables and baste again. Cook, basting occasionally, 40 to 50 minutes, until meat thermometer registers 150°F. *(Can be made ahead. Cover and let stand at room temperature up to 4 hours.)* Serve at room temperature with Cumberland Sauce. Makes 20 servings.

Cumberland Sauce

- 1 cup red currant jelly
- ½ cup fresh orange juice
- 1 tablespoon fresh lemon juice
- 1 tablespoon minced shallots
- 1 teaspoon dry mustard
- ¼ teaspoon ginger
- Pinch ground red pepper
- ¼ cup port wine
- ¼ cup julienned orange peel
- 2 tablespoons julienned lemon peel

Bring currant jelly, orange and lemon juices and shallots to boil in saucepan. Reduce heat and simmer until slightly thickened, 10 to 15 minutes.

Meanwhile, stir mustard, ginger and pepper into small bowl with port wine. Add to jelly mixture and simmer 2 minutes more. Remove from heat.

Bring 2 cups water to boil in another saucepan. Add citrus peels and cook 1½ minutes. Drain well; add to sauce. Cool to room temperature. *(Can be made ahead. Cover and refrigerate up to 3 days.)* Makes 1⅓ cups.

Nutrition info per 3-ounce serving: 385 calories, 23 gm protein, 21 gm fat, 26 gm carbohydrates, 228 mg sodium, 77 mg cholesterol.

VEGETABLE SALAD WITH CHESTNUTS

Tossing the slightly warm blanched vegetable with the vinaigrette brings out the flavor of the vegetables.

Total prep time: 40 minutes ○

Vinaigrette

- ¼ cup tarragon vinegar
- 2 teaspoons Dijon mustard
- 1 tablespoon chopped tarragon or ½ teaspoon dried
- ½ teaspoon freshly ground pepper
- ¼ teaspoon salt
- 6 tablespoons olive oil

- 1 pound baby carrots, peeled
- 1 pound Brussels sprouts, trimmed
- 1 pound green beans, trimmed
- 1 pound snowpeas, trimmed
- 4 cups small broccoli florets (from 1 bunch)
- 1 can (15 oz.) whole chestnuts in water, drained (optional)

Vinaigrette: Whisk all ingredients e cept oil in large bowl. Gradually whis in oil. *(Can be made ahead. Cover an refrigerate up to 24 hours.)*

Meanwhile, bring 2 cups water boil in large saucepot with steam rack. Add carrots, Brussels sprou and green beans. Steam until ju tender, about 7 minutes. *(Can be mad ahead. Cool. Cover and refrigerate u to 24 hours.)* Transfer to bowl and to with vinaigrette. Add snowpeas ar broccoli to saucepot and steam unt just tender, about 3 minutes. Stir int vinaigrette and let stand until coo Stir in chestnuts. Makes 9 cups.

Nutrition info per ⅓ cup: 60 calories, 2 gm protei 3 gm fat, 6 gm carbohydrates, 49 mg sodium, 0 r cholesterol.

WILD RICE SALAD

Elegant wild rice, studded with swee tart cranberry jewels.

Prep time: 20 minutes plus cooling (
Cooking time: 1 hour

- 1 pound wild rice (2⅔ cups)
- 2 bay leaves
- 1 cup cranberries
- 1 cup seedless grapes, rinsed and halved lengthwise

Mustard Vinaigrette

- ½ teaspoon Dijon mustard
- 1 teaspoon shallots, chopped fine
- Pinch freshly ground pepper
- ¾ teaspoon salt
- 3 tablespoons balsamic vinegar
- 2 tablespoons orange juice
- ⅓ cup olive oil
- Peel of 1 orange, julienned (¼ cup)

Bring large saucepot of salted water t boil. Add rice and bay leaves and coo until tender, 50 to 60 minutes. Drair Toss with mustard vinaigrette. Refrig erate up to 24 hours.

One hour before serving, add crar berries and grapes. Makes 10 cups.

Mustard Vinaigrette: Whisk mustar shallots, pepper, salt, vinegar and or ange juice in bowl. Whisk thoroughly Gradually whisk in olive oil. Stir i orange peel. Makes 1½ cups.

Nutrition info per ½ cup: 245 calories, 7 gm protein 8 gm fat, 40 gm carbohydrates, 176 mg sodium, (mg cholesterol.

(continued



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Per one oz. serving	Cholesterol	Total Fat	Sodium	Calories
JARLSBERG	18 mg	7 g	135 mg	97
Gouda	32 mg	8 g	232 mg	101
Havarti	31 mg	11 g	200 mg	118
Cheddar	30 mg	9 g	176 mg	114
Brie	28 mg	8 g	178 mg	95
American	27 mg	9 g	406 mg	106
Swiss	26 mg	8 g	74 mg	107
Diet Swiss	20 mg	7 g	35 mg	100

Sources Available On Request

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■ A GLORIOUS BUFFET

continued

WARM FRUIT COMPOTE



If there's a fruit you don't like, just omit it and add a cup of your favorite.

Prep time: 10 minutes
Cooking time: 1 hour

- 2 cups water
- 2 cups white wine
- 2 cinnamon sticks
- 3 whole cloves
- 1½ cups sugar
- 1 cup dried apricot halves
- 1 cup dried pear halves, quartered lengthwise
- 1 cup dried figs, halved
- 1 cup dried prunes
- 1 cup dried apple slices
- ½ cup golden raisins
- ½ cup dark raisins
- ½ cup cognac, bourbon or orange juice

In heavy saucepot heat water, wine, cinnamon, cloves and sugar to boiling. Add apricots, pears and figs; cover and simmer about 30 minutes, stirring occasionally. Add prunes, apples and raisins; simmer 20 minutes more, stirring occasionally. Remove from heat, add cognac and cool. *(Can be made ahead. Store covered in refrigerator up to 1 month.)* Serve warm with Bourbon Whipped Cream. Makes 7 cups.

Nutrition info per serving: 180 calories, 1 gm protein, 0 gm fat, 43 gm carbohydrates, 8 mg sodium, 0 mg cholesterol.

BRIDIE MCSHERRY'S CHRISTMAS PUDDING

Bridie, a former employee of Glorious Food, uses shredded carrots for a new twist on a Dickens Christmas favorite.

Prep time: 25 minutes
Cooking time: 2 hours

- 1½ cups shredded carrots (¾ lb.)
- 1½ cups fresh bread crumbs
- 1½ cups firmly packed dark brown sugar
- 4 large eggs
- 2 tablespoons vanilla extract
- ¾ pound unsalted butter, melted
- 1¾ cups all-purpose flour, divided
- 3 tablespoons cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon nutmeg
- 1½ teaspoons baking soda
- ¼ teaspoon salt
- ¾ cup raisins
- ¾ cup pitted, chopped dates

Butter deep, 2-quart steamed puddin mold with cover and set aside.

Combine carrots, bread crumbs an sugar in large bowl. Beat eggs in larg mixer bowl until smooth and lemon colored. Add carrot mixture. Beat i vanilla and melted butter until wel blended. Combine 1½ cups flour an the spices, baking soda and salt; fol into carrot mixture. Sprinkle raisin and dates with remaining ¼ cup flou Add to batter and mix well.

Pour batter into prepared mold. Cov er tightly, place in large pot and ad enough boiling water to come halfwa up sides of mold. Cover and steam ove low heat 2 to 2½ hours. *(Can be mad ahead. Cool. Unmold, wrap tightly an freeze up to 2 weeks. Thaw at roo temperature about 4 hours. Wrap in fo and warm in 350°F. oven 30 to 40 min utes.)* Serve with Bourbon Whippe Cream. Makes 20 servings.

Nutrition info per serving: 295 calories, 3 gm pro tein, 15 gm fat, 37 gm carbohydrates, 129 mg sod um, 80 mg cholesterol.

Bourbon Whipped Cream

Total prep time: 5 minutes

- 2 cups heavy cream
- 1 tablespoon confectioners' sugar
- 2 tablespoons bourbon

Beat cream and sugar in mixer bowl t soft peaks. Just before serving, fol bourbon into whipped cream and serv with compote and Christmas puddin Makes 4 cups.

Nutrition info per 3 tablespoons: 85 calories, 0 g protein, 8 gm fat, 1 gm carbohydrates, 9 mg sodium 31 mg cholesterol.

UEMBOUCHE

melizing the sugar and building conical cream-puff tower is quite a enge. Have all the elements ready e you begin.

ime: 1½ hours
g time: 25 minutes

Puffs
cup water
cup butter
or margarine
teaspoon salt
cup all-purpose flour
large eggs

cups milk
cup sugar
tablespoons cornstarch
teaspoon ground cardamom
eggs, beaten
tablespoons butter or margarine
teaspoon vanilla extract
cup heavy cream

cup sugar
teaspoon cream of tartar
cups water

Puffs: Preheat oven to 400°F. se 2 cookie sheets. Heat water, r and salt in medium saucepan medium heat to boiling. Reduce heat and add flour all at once. Stir briskly with wooden spoon until mixture leaves sides of pan and forms a ball. Cook, stirring constantly, over low heat about 2 minutes. Cool slightly. Add eggs one at a time, beating until smooth after each addition. Place dough in large pastry bag fitted with ½-inch plain tip. Pipe teaspoon-size puffs onto prepared cookie sheets. Or, drop by teaspoonfuls onto prepared cookie sheets. (You will need about 5 dozen to form pyramid.) Bake 25 minutes. Cool on wire racks.

Filling: Meanwhile, heat 1½ cups milk in saucepan until tiny bubbles form around edge. Combine sugar, cornstarch and cardamom in medium bowl. Stir in eggs and remaining ½ cup milk. Gradually stir in scalded milk; return mixture to saucepan. Cook, stirring constantly, over medium heat until mixture comes to full boil. Remove from heat; whisk in butter until melted. Stir in vanilla. Cover surface with plastic wrap. When ready to fill cream puffs, beat cream in chilled bowl with chilled beaters until soft peaks form. Stir custard to loosen slightly; fold in whipped cream.

Cut a cross in bottom of each cream puff. Spoon filling into pastry bag fitted with plain #4 or #6 tip. Fill puffs; refrigerate on tray in single layer. *(Can be made ahead. Cover and freeze up to 2 weeks. Thaw 15 minutes.)*

Cut 8-inch circle from cardboard and cover with foil. To work quickly, set circle on large foil sheet near stove and cream puffs.

Glaze: Combine sugar, cream of tartar and water in large skillet. Bring to boil, stirring, until sugar is completely dissolved. Cook until syrup is light amber, about 15 minutes. Reduce heat so syrup is barely simmering.

To assemble: Lightly dip one side of a puff in glaze and place on outer edge of foil circle, glazed side down and top facing out. Repeat with 9 or 10 more, making a circle. For second row, glaze and place slightly smaller row of puffs over spaces between puffs in first row. Fill in center area behind first 2 rows with more puffs for support. Continue building pyramid in decreasing circles, filling in support area as needed, until 8 or 9 rows are completed. Top with 1 puff. If glaze should thicken before croquembouche is completed, add a little water and melt over low heat. *Do not let glaze burn. (Can be made ahead. Refrigerate croquembouche up to 4 hours.)* To serve, loosen puffs with 2 forks or serving tongs. Makes 20 servings.

Nutrition info per serving: 195 calories, 3 gm protein, 10 gm fat, 22 gm carbohydrates, 119 mg sodium, 91 mg cholesterol. ■





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oliday Cranberry Tart

p all-purpose flour
p Kretschmer Wheat
rm
p (½ stick) margarine,
tened
sp. packed brown
gar
. baking soda
sp. water
p light cream cheese,
tened
⅓ cup ricotta cheese
2 tbsp. sugar
¼ tsp. grated orange peel
1 cup cranberry-orange sauce, drained
2 kiwifruits, peeled, sliced or one 11-oz. can mandarin orange segments, drained

ven to 350°F. Lightly oil 9-inch tart or springform pan. Com-
ur, wheat germ, margarine, brown sugar and baking soda;
il mixture resembles coarse crumbs. Add water; mix well.
nto bottom and ¼-inch up sides of pan. Bake 20 to 22 min-
until golden brown. Cool. Spread combined cheeses, sugar
nge peel onto crust; top with sauce and kiwifruit. Chill 2
Sprinkle with additional wheat germ. 8 SERVINGS.

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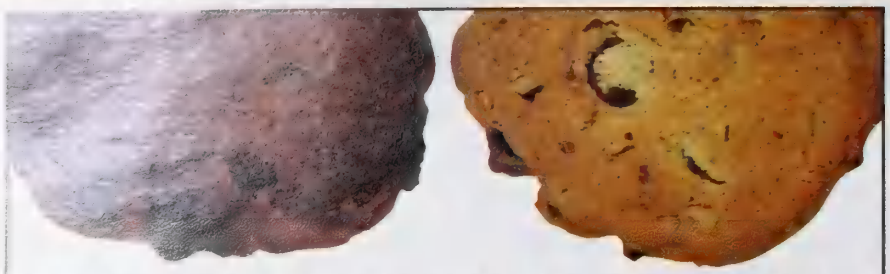
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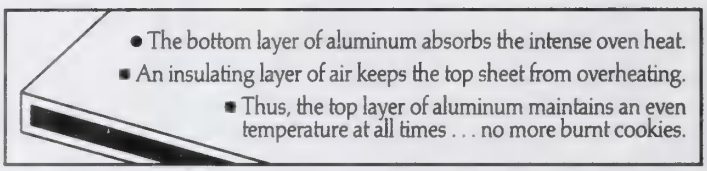
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GIFT BREADS
continued

Nutrition info per roll: 205 calories, 4 gm protein, 9 gm fat, 27 gm carbohydrates, 141 mg sodium, 36 mg cholesterol.

CHALLAH



The braided loaf traditionally eaten on the Jewish sabbath. This richly glazed version makes great sandwiches and terrific French toast.

Prep time: 25 minutes plus rising
Baking time: 35 minutes

1 recipe Basic Holiday Dough (omit dry milk and reduce sugar to 2 tablespoons)
1 egg yolk beaten with 1 tablespoon water
1 teaspoon poppy or sesame seeds

Prepare Basic Holiday Dough. Mix dough and refrigerate.

Lightly grease cookie sheet. Cut dough into 8 pieces on lightly floured surface. Roll each of 3 pieces into 12-inch rope. Braid together; pinch ends to seal. Turn ends under and arrange braid on cookie sheet. Cut another piece into thirds and roll each into 10-inch rope. Braid as above, pinching ends. Center on top of larger braid. Repeat with remaining 4 dough pieces to make second loaf. Cover and let rise in warm, draft-free place until almo doubled in bulk, about 1 hour.

Preheat oven to 350°F. Brush brai with yolk mixture. Sprinkle wi seeds. Bake 35 minutes or until toot pick inserted in center comes o clean. Makes 2 loaves, 12 slices each

Nutrition info per slice: 140 calories, 4 gm protein, gm fat, 20 gm carbohydrates, 140 mg sodium, 46 cholesterol.

HUNGARIAN POPPY SEED AND WALNUT ROL

You make two rolls, one filled wi poppy seeds, the other walnuts. Sli and arrange them on the same platte

Prep time: 1½ hours plus rising
Baking time: 25 minutes

1 recipe Basic Holiday Dough
1 tablespoon grated lemon peel
½ cup additional butter or margarine, melted

Poppy-Seed Filling
1 cup poppy seeds
1 cup sugar
½ cup raisins
½ cup milk
1 teaspoon grated lemon peel

Walnut Filling
½ cup sugar
2 tablespoons white wine or water
1 cup ground walnuts
2 tablespoons raisins
2 tablespoons apricot preserves
2 teaspoons cinnamon
1½ teaspoons grated lemon peel
⅓ cup heavy or whipping cream

1 egg beaten with 1 tablespoon water

Prepare Basic Holiday Dough as d rected; add lemon peel to yeast mi ture and add ½ cup additional butte with the butter and flour. Mix doug and refrigerate.

Poppy-Seed Filling: Grind poppy seeds i blender until they begin to stick togethe (Do not let seeds form paste.) Transfer t medium saucepan and add remainin ingredients. Bring to boil, stirring co stantly, then reduce heat and simme gently 10 minutes. Cool completely.

Walnut Filling: Heat sugar and wi in saucepan over medium-high hea stirring, 5 minutes. Stir in nuts, ra sins, preserves, cinnamon and lemo peel. Bring to boil, stirring constantly then reduce heat and simmer 2 mi utes. Cool completely. Stir in cream.

Divide dough in quarters on lightl floured surface. With floured rollin pin, roll one quarter into 14-inc square. Spoon on half the poppy-see filling and spread to within ½ inch c edge. Roll up jelly-roll fashion; pinc seam to seal. Place seam side down o prepared cookie sheet. Brush with eg mixture and pierce with skewer at 2 inch intervals. Repeat with remainin dough and remaining poppy-seed an walnut fillings to make 2 *(continued*

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GIFT BREADS
continued

poppy-seed and 2 walnut rolls. Cover and let rise in warm, draft-free place until doubled in bulk, about 30 minutes.

Preheat oven to 350°F. Grease 2 cookie sheets. Bake 25 minutes or until golden. Transfer to wire racks and cool completely. Cut into ¾-inch slices. Makes 4 rolls, 18 slices each.

Nutrition info per slice: 110 calories, 2 gm protein, 5 gm fat, 14 gm carbohydrates, 65 mg sodium, 21 mg cholesterol.

HOSKA

This braided Czechoslovakian loaf is shaped into a wreath. Once baked, fill the center with a bowl of butter curls.

Prep time: 35 minutes plus rising
Baking time: 45 minutes

- **1 recipe Basic Holiday Dough**
- **¼ cup raisins**
- **¼ cup diced candied lemon peel**
- **¼ cup chopped almonds**
- **½ cup whole blanched almonds**
- **1 egg beaten with 1 tablespoon water**

Prepare Basic Holiday Dough as directed; toss raisins and peel in 1 tablespoon of the flour. Add to yeast mixture with chopped almonds. Mix dough and refrigerate.

Grease large cookie sheet. Grease outside edges of 6-inch round metal bowl. Place in center of cookie sheet.

Divide dough in half on lightly floured surface. Divide one half into thirds. Roll each piece into 36-inch rope. Place 3 ropes side by side. Starting at center, braid ropes to one end. Turn over and braid from center to other end. Arrange on cookie sheet around bowl. Pinch ends together.

Cut remaining dough into quarters. Roll 3 pieces into 30-inch ropes. Braid together and place on top of first braid. Pinch ends to seal. Cut remaining dough into thirds and roll into 24-inch ropes. Braid together and place on top of second braid, pinching ends. Let rise in warm, draft-free place until puffy, about 1 hour. Decorate with almonds and brush with egg mixture.

Preheat oven to 350°F. Bake 45 minutes or until toothpick inserted in center comes out clean. Cool on wire rack. Makes 1 loaf, forty ½-inch slices.

Nutrition info per slice: 120 calories, 3 gm protein, 4 gm fat, 17 gm carbohydrates, 95 mg sodium, 28 mg cholesterol.

PULLA

This cardamom-flavored coffee cake is a favorite in Finland. Almonds and crushed sugar decorate the long loaf.

Prep time: 20 minutes plus rising
Baking time: 25 minutes

- **1 recipe Basic Holiday Dough**
- **1 teaspoon ground cardamom**
- **½ cup golden raisins**
- **1 egg beaten with 2 tablespoons milk**
- **¼ cup sliced almonds**
- **1 tablespoon coarsely crushed sugar cubes or colored sugar**

Prepare Basic Holiday Dough as directed; add cardamom and raisins to yeast mixture. Mix dough and refrigerate.

Grease 2 cookie sheets. Divide dough in half on lightly floured surface. Cut one half in thirds. Roll each piece into 24-inch rope; braid together. Place on cookie sheet and pinch ends together. Repeat with remaining dough. Cover and let rise in warm, draft-free place until almost double in bulk, 1 hour.

Preheat oven to 350°F. Brush with egg mixture. Sprinkle with almonds and sugar. Bake 25 minutes or just until golden. Makes 2 loaves, twenty-four ½-inch slices each.

Nutrition info per slice: 90 calories, 2 gm protein, gm fat, 14 gm carbohydrates, 75 mg sodium, 23 m cholesterol.

Beatrice Ojakangas is a food write who lives in Duluth, Minnesota. He latest cookbook is "Light Desserts" (Ox moor House, 1989).

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My grampa, the "double Laker." My brother and I called him that. It sounds silly, but Sundays at the family pancake breakfast, he'd always earn the nickname.
Here's what he'd do: When "Pa" thought no one was watching, he'd knife up some butter and hide it under his top pancake. Then, as if nothing had happened, he'd dive back into the butter dish, this time burying the top of his stack with LAND O LAKES® Butter. Hence the name, "double Laker."
I never told anyone about this. But somebody did. Because just last Sunday I spied my son, Aaron, doing the same thing to his pancakes. And he didn't learn it from me. Honest!
LAND O LAKES
Sweet Cream
Lightly Salted
BUTTER
The Taste That Brings You Back

An irresistible assortment of your all-time favorite Journal recipes. By Jan Turner Hazard, Food and Equipment Editor



LHJ's most-requested Christmas cookies

SPRITZ COOKIES

Edna Lewis, a renowned Southern chef and cookbook author, gave us this recipe for delicate butter cookies.

Prep time: 10 minutes
Baking time: 10 to 12 minutes per batch

- 1 cup unsalted butter, softened
- ½ cup superfine sugar
- 1 large egg yolk, lightly beaten
- ½ teaspoon vanilla extract
- ½ teaspoon almond extract
- 2¼ cups all-purpose flour

Preheat oven to 350°F. Beat butter in mixer bowl until creamy. Gradually add sugar and beat until light and fluffy. Add egg yolk, and vanilla and almond extracts; beat until smooth and light. With mixer at low speed, gradually add flour until well blended. Spoon dough into cookie press fitted with desired tip. Press cookies onto ungreased cookie sheets. Bake 10 to 12 minutes, until lightly browned. Cool on cookie sheet 3 to 4 minutes, then carefully transfer to wire rack to cool completely. (If cookies begin to harden and break when you try to remove them from cookie sheet, return them to oven a few minutes.) Makes 7 dozen, 35 calories each.

RUGELACH

This version of the Eastern European treat from Golden Girl Bea Arthur drew high ratings.

Prep time: 1 hour plus chilling
Baking time: 25 to 30 minutes per batch

- 1 package active dry yeast
- ¾ cup plus 2 tablespoons sugar
- ½ cup warm water (105°F.–115°F.)
- 3 cups all-purpose flour
- ½ teaspoon salt
- 3 large egg yolks
- ½ cup heavy or whipping cream
- 1 teaspoon vanilla extract
- 1 cup butter or margarine, softened
- 3 tablespoons cinnamon
- 1 cup strawberry or apricot jam
- 1 cup finely chopped walnuts
- 1¼ cups golden raisins

Dissolve yeast and 2 tablespoons sugar in water in bowl. Combine flour and salt in mixer bowl. With mixer at low speed beat in yeast mixture, egg yolks, cream and vanilla. Blend in butter 2 tablespoons at a time. Wrap dough and refrigerate several hours or overnight.

Preheat oven to 350°F. Line 2 cookie sheets with foil. Grease foil.

Combine remaining ¾ cup sugar and the cinnamon in small bowl. Sprinkle heaping tablespoon on work surface. Divide dough into 10 pieces; shape into balls. Refrigerate until ready to use. Roll 1 ball into 8-inch circle, turning to coat well with cinnamon-sugar. Cut into 8 wedges. Place ½ teaspoon jam, a pinch of walnuts and a few raisins on the outer edge of each wedge. Roll up each wedge from outer edge; transfer to cookie sheet, curving to form a crescent. Repeat with remaining dough. Bake 25 to 30 minutes, until browned and puffed. Cool on wire racks. Makes 80 cookies, 80 calories each.

SUGAR COOKIES

Everyone needs a good basic sugar cookie in her files. That's the reason ours is so popular.

Prep time: 1 hour plus chilling
Baking time: 8 to 9 minutes per batch

- 2½ cups all-purpose flour
- ¼ teaspoon salt
- 1 cup butter, softened
- 1 cup sugar
- 1 large egg
- 1½ teaspoons grated lemon peel
- ½ teaspoon vanilla extract
- Decorative Icing (page 156), optional

Combine flour and salt in bowl. Beat butter and sugar in mixer bowl until light and fluffy. Beat in egg, lemon peel and vanilla. Beat in dry ingredients until combined. Cover and refrigerate overnight.

Preheat oven to 350°F. Grease 4 cookie sheets. Divide dough into quarters. Roll 1 quarter between 2 sheets of wax paper ⅛ inch thick. Keep remaining dough refrigerated. With floured 2-inch cookie cutter, cut into desired shapes. Bake 8 to 9 minutes, until edges are golden. Cool on wire racks. Repeat with remaining dough. Decorate as desired with Decorative Icing. Makes 7 dozen, 45 calories each.

Photos, Irwin Horowitz; prop stylist, Yvonne McHarg; food stylist, Deborah Mintcheff.



FILBERTINES

Hazelnut lovers of the world, this is your cookie.

Prep time: 15 minutes plus chilling
Baking time: 15 minutes per batch

- ½ cup butter or margarine, softened
- ½ cup sugar
- 1 large egg
- 1⅓ cups all-purpose flour
- ½ teaspoon baking soda
- ⅛ teaspoon ground cardamom
- ½ cup hazelnuts, toasted and chopped fine
- 30 whole hazelnuts, toasted, skinned

Beat butter and sugar in large mixer bowl with mixer at medium speed until light and fluffy, scraping bowl occasionally. Add egg and beat until well blended. Beat in flour, baking soda and cardamom. Cover and refrigerate 1 hour.

Preheat oven to 350°F. Grease 2 cookie sheets. Shape dough into 1-inch balls and roll in chopped nuts. Place 2 inches apart on cookie sheet; place a whole nut on each. Bake 15 minutes or until lightly browned and firm. Cool on wire racks. Makes 28, 100 calories each.

BARBARA BUSH'S GINGER COOKIES

From our celebrity-recipe archives, these crispy, thin wafers are a winner with our readers.

Prep time: 1 hour plus chilling
Baking time: 6 to 8 minutes per batch

- ½ cup firmly packed brown sugar
- ½ cup shortening
- ½ cup unsulfured molasses
- 1½ teaspoons vinegar
- 1 large egg, beaten
- 2¾ cups all-purpose flour
- ¼ teaspoon salt
- 1 teaspoon cinnamon
- ¾ teaspoon ginger
- Milk
- Decorative Icing (page 156), optional

Heat sugar, shortening, molasses and vinegar to boiling in 3-quart saucepan. Cool. Stir in egg. Combine flour, salt, cinnamon and ginger in bowl; gradually add to molasses mixture and stir well. Wrap and refrigerate at least 2 hours or up to 3 days.

Preheat oven to 375°F. Grease 2 cookie sheets. Cut dough into thirds. Roll one third dough ⅛ inch thick between 2 sheets of wax paper. Keep remaining dough refrigerated. Cut dough with 2-inch cookie cutter. Transfer to prepared cookie sheets. Brush each cookie with milk. Bake 6 to 8 minutes. Cool on wire rack. Repeat with remaining dough, rerolling scraps. Decorate as desired with Decorative Icing. Makes about 5 dozen, 65 calories each.

LEMON TASSIES

We first featured these mini lemon pies, from the Winston-Salem community cookbook, "Heritage of Hospitality," in December 1985.

Prep time: 25 minutes
Baking time: 40 to 45 minutes

- ½ cup butter, softened
- 1 package (3 oz.) cream cheese, softened
- 1¼ cups all-purpose flour
- 3 tablespoons fresh lemon juice
- 3 tablespoons butter, melted
- 2 large eggs
- ⅔ cup sugar
- Whipped cream, for garnish

Beat butter and cream cheese in mixer bowl until light and fluffy. Add flour and beat until crumbly. Shape dough into ball.

Preheat oven to 350°F. Spray 1¾-inch miniature muffin-pan cups with vegetable cooking spray. Pinch off pastry 1 tablespoon at a time and press into prepared muffin cups. Mix lemon juice, melted butter, eggs and sugar in bowl. Divide filling evenly among muffin cups. Bake 40 to 45 minutes. Remove from pan while slightly warm. Cool on wire racks. Top with cream. Makes 20, 135 calories each.

CINNAMON SLEDGES

One of our most requested recipes ever, these cinnamon-packed, crisp cookie bars are easy to prepare.

Prep time: 20 minutes
Baking time: 40 to 45 minutes

- 1 cup butter or margarine, softened
- ½ cup firmly packed brown sugar
- ½ cup granulated sugar
- 1 large egg, separated
- 2 cups all-purpose flour
- 1 tablespoon cinnamon
- ⅛ teaspoon salt
- 1½ cups chopped pecans

Preheat oven to 300°F. Beat butter, sugars and egg yolk in large mixer bowl at medium speed until light and fluffy. Combine flour, cinnamon and salt in another bowl. Add to beaten mixture and continue beating just until blended. (Dough will be stiff.)

Spread dough evenly in ungreased 15½x10½-inch jelly-roll pan. Beat egg white with fork just until foamy. Spread evenly on top of dough. Sprinkle with nuts and press in lightly. Bake 40 to 45 minutes. While still hot, cut into 3-inch squares, then cut diagonally into triangles. Cool in pan. Makes 30, 150 calories each.

CHOCOLATE MINTS

If green chocolate mints aren't available, you can use any kind of solid chocolate mint.

Prep time: 40 minutes plus chilling
Baking time: 12 to 13 minutes per batch

- ¾ cup butter or margarine
- 1½ cups firmly packed dark brown sugar
- 2 tablespoons water
- 1 package (12 oz.) semisweet chocolate chips
- 2 large eggs
- 2½ cups all-purpose flour
- 1¼ teaspoons baking soda
- ½ teaspoon salt
- Green chocolate mint wafers (about 1 lb.)

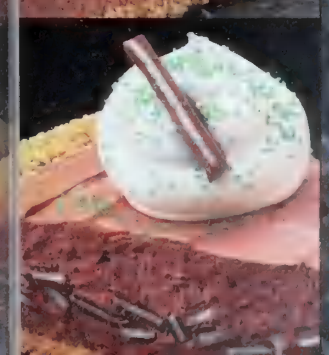
Heat butter, sugar and water in large, heavy saucepan over low heat until butter is melted. Add chocolate chips and cook, ***(continued)***











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Holiday Ribbon Pie

1 package (8 oz.) semi-sweet chocolate
⅓ cup water
1 package (8 oz.) cream cheese, softened
¼ cup sugar
1 tub (12 oz.) COOL WHIP® Whipped Topping, thawed
1 (6 oz.) KEEBLER® READY-CRUST® Graham Cracker Pie Crust
Ribbon filling*

***Suggested Fillings:** 1 cup finely chopped cookies, candy, nuts, mini marshmallows, chocolate chips, peanut butter chips or ½ cup jam

1. Stir chocolate with water over low heat until melted; cool.
2. Beat cream cheese and sugar until smooth; add chocolate. Fold in 3½ cups whipped topping.
3. Spoon half the mixture into crust. Sprinkle with filling, pressing down gently. Spread remaining chocolate mixture carefully over filling. Chill 3 hours. Garnish with remaining whipped topping.

1989 ... Cool Whip ... Ready-Crust ...



(continued) **stirring, until partially melted. Remove from heat and continue stirring until chocolate is completely melted. Pour into large mixer bowl and let stand about 10 minutes to cool slightly. With mixer at medium speed, beat in eggs one at a time. Reduce speed to low and add dry ingredients, beating just until blended. Refrigerate about 1 hour.**

Preheat oven to 350°F. Line 2 cookie sheets with foil. Roll teaspoonfuls of dough into balls; place about 2 inches apart on cookie sheets.

Bake 12 to 13 minutes. Remove from oven and immediately place mint on each hot cookie. Let soften, then swirl mint over cookies to frost. Decorate with shaved mint wafers. Transfer to wire racks to cool completely. Makes 80, 100 calories each.

WHITE CHRISTMAS COOKIES

This all-time favorite was given to us by the New York Restaurant School in New York City.

Prep time: 15 minutes
Baking time: 8 to 10 minutes per batch

- 2¼ cups all-purpose flour, sifted
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup unsalted butter, softened
- ¾ cup firmly packed brown sugar
- ¾ cup granulated sugar
- 3 large eggs
- 1 teaspoon vanilla extract
- 12 ounces white chocolate, coarsely chopped
- ¾ cup coarsely chopped salted macadamia nuts
- 1¼ cups golden raisins

Preheat oven to 350°F. Lightly grease 2 cookie sheets.

Combine flour, baking soda and salt in medium bowl. Beat butter and sugars in large mixer bowl with mixer at medium speed until light and fluffy. Add eggs one at a time, beating well after each addition. Beat in vanilla. Beat in dry ingredients. Stir in chocolate, nuts and raisins. Drop by rounded teaspoonfuls onto prepared cookie sheets. Bake 8 to 10 minutes, until pale golden. Cool on wire racks. Makes 6 dozen, 90 calories each.

HUNGARIAN POPPY-SEED NUT SLICES

This recipe, from the community cookbook "Winterthur's Culinary Collection," appeared in the Journal in December 1985.

Prep time: 30 minutes plus chilling
Baking time: 20 minutes per batch

- 1 cup butter, softened
- 1 cup plus 2 tablespoons sugar
- 1 large egg
- 1 teaspoon vanilla extract
- ½ teaspoon cinnamon
- 1½ cups finely chopped almonds
- ½ cup poppy seeds
- 2 cups all-purpose flour
- ¼ teaspoon salt
- Colored sugar

Beat butter and sugar in mixer bowl until light and fluffy. Add egg, vanilla and cinnamon and beat 2 to 3 minutes. Add nuts and poppy seeds; beat 1 minute more. Gradually stir in flour and salt. Refrigerate until dough is firm, about 2 hours.

Shape into 2 rolls about 2 inches in diameter. Roll in 2 tablespoons sugar. Wrap in wax paper and refrigerate 3 hours.

Preheat oven to 325°F. Roll logs in colored sugar if desired. Slice dough ¼ inch thick. Place on ungreased cookie sheets. Bake 20 minutes or until edges begin to brown. Cool on wire racks. Makes 6 dozen, 70 calories each.

PECAN DIAMONDS

These elegant bar cookies are from the Culinary Institute of America, Hyde Park, New York.

Prep time: 40 minutes plus chilling
Baking time: 45 minutes

- 1½ cups all-purpose flour
- ½ teaspoon baking powder
- ¼ teaspoon salt
- 5 tablespoons granulated sugar
- 5 tablespoons butter
- 3 tablespoons vegetable shortening
- 1 large egg
- ¼ teaspoon vanilla extract

Filling

- 1 cup butter
- ½ cup honey
- ¼ cup granulated sugar
- 1¼ cups firmly packed brown sugar
- 4 cups chopped pecans
- ¼ cup heavy or whipping cream

Combine flour, baking powder and salt in medium bowl. Beat granulated sugar, butter and shortening until light and fluffy. Add egg and vanilla; beat until well combined. Add dry ingredients, stirring, until dough forms a ball. With floured hands press dough evenly into 15½x10½-inch jelly-roll pan. Freeze 30 minutes.

Preheat oven to 375°F. Prick dough with fork. Bake 10 minutes. *Do not brown.* Cool. Reduce oven temperature to 350°F.

***Filling:* Meanwhile, heat butter, honey and sugars to boiling in large saucepan over medium heat (do not stir). Remove from heat; stir in nuts and cream. Spread evenly over crust.**

Bake 35 minutes. Cool in pan on wire rack. Cut crosswise into 1½-inch strips, then cut strips diagonally at 2-inch intervals to form diamonds. Makes 4 dozen, 175 calories each.

PEPPARKAKOR (SWEDISH SPICE COOKIES)

Another community cookbook favorite, from "The Ethnic Epicure" (Wauwatosa, Wisconsin).

Prep time: 30 minutes plus chilling
Baking time: 8 to 10 minutes per batch

- 1 cup butter
- Sugar
- 1 large egg
- 2 teaspoons grated orange peel
- 2 tablespoons dark corn syrup
- 1 tablespoon water
- 3¼ cups sifted all-purpose flour
- 2 teaspoons baking soda
- 2 teaspoons cinnamon
- ½ teaspoon cloves
- Decorative Icing (page 156), optional

(continued)

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(continued) **Beat butter and 1½ cups sugar in mixer bowl. Add egg and beat until light and fluffy. Stir in orange peel, corn syrup and water; blend well. Sift flour, baking soda and spices into medium bowl, then stir into beaten mixture. Wrap and refrigerate 4 hours or overnight.**

Preheat oven to 375°F. Roll dough ⅛ inch thick on lightly floured surface. Sprinkle lightly with additional sugar and press lightly with rolling pin. Cut with cookie cutters into desired shapes. Place on ungreased cookie sheets. Bake 8 to 10 minutes. Transfer to wire racks to cool completely. Decorate as desired with Decorative Icing. Makes 3 dozen, 140 calories each.

RAVIOLI DOLCI

Jam is encased in dough in this sweet ravioli from the International Culinary Arts Institute in Baltimore.

Prep time: 1 hour plus chilling
Baking time: 15 minutes per batch

- 1¼ cups all-purpose flour
- 1 cup potato flour (potato starch)
- ⅛ teaspoon salt
- ½ cup unsalted butter
- ½ cup sugar
- 1 large egg
- 2 tablespoons brandy
- 1 teaspoon grated lemon peel
- 1 teaspoon vanilla extract
- Apricot or seedless raspberry jam
- confectioners' sugar

Combine flours and salt in bowl. Beat butter and sugar in mixer bowl until creamy. Add egg, brandy, lemon peel and vanilla; beat until light and fluffy. Gradually beat in dry ingredients until combined. Wrap and refrigerate overnight.

Preheat oven to 350°F. Grease 2 cookie sheets.

Divide dough in quarters. Roll one quarter between 2 sheets of wax paper into ⅛-inch-thick square. Keep remaining dough refrigerated. Cut rolled dough into 2-inch squares and place on prepared cookie sheets. Spoon level ½ teaspoon jam onto center of each cookie. Refrigerate 15 minutes.

Meanwhile, roll out another dough quarter and cut into squares. Brush edges of jam-covered squares with water. Top each with another square; press edges with fork to seal. Repeat with remaining dough. Bake 15 minutes or until cookies begin to brown. Cool on wire racks. Sprinkle with confectioners' sugar before serving. Makes 3½ dozen, 65 calories each.

CHRISTMAS STARS

If you like your cookies crisp, fill right before serving.

Prep time: 1 hour plus chilling
Baking time: 16 to 18 minutes per batch

- 1 cup butter, softened
- ⅔ cup sugar
- 1 large egg
- 1 teaspoon vanilla extract
- 2½ cups all-purpose flour
- 1 teaspoon grated lemon peel
- ½ teaspoon salt
- ½ cup red currant jelly
- 2 tablespoons sugar

Beat butter and sugar in large mixer bowl with mixer at medium speed until light and fluffy. Beat in egg and vanilla and continue beating until well blended. Add flour, lemon peel and salt; beat until just combined. Wrap and refrigerate 1 hour.

Preheat oven to 350°F. Grease 2 cookie sheets. Divide dough in half. Roll one half ⅛ inch thick between 2 sheets of floured wax paper. With 3-inch star-shaped cutter, cut out dough and place on cookie sheets. With 1-inch round cutter, cut out hole in centers. Bake 10 minutes. Cool on wire racks. Repeat, rolling and cutting remaining dough, but do not cut holes. Place on cookie sheets and bake 6 to 8 minutes.

Heat jelly and sugar to boiling in small saucepan over medium heat. Cool slightly. Place about ¼ teaspoon on each star without hole. Top with star with hole. Makes 2½ dozen, 130 calories each.

CASHEW NUT COOKIES

If you can't find dry-roasted nuts, use salted nuts. You can substitute almonds for the cashews.

Prep time: 10 minutes
Baking time: 8 to 10 minutes per batch

- ½ cup butter or margarine
- 1 cup firmly packed brown sugar
- ⅓ cup sour cream
- 1 large egg, beaten
- 1 teaspoon vanilla extract
- 1¾ cups all-purpose flour
- ¾ teaspoon baking soda
- ¼ teaspoon salt
- 1 cup roasted cashews, chopped
- Decorative Icing (page 156), optional

Preheat oven to 375°F. Grease 2 cookie sheets.

Beat butter and brown sugar in mixer bowl at medium speed until light and fluffy. Add sour cream, egg and vanilla and beat until well mixed. Stir flour, baking soda and salt together; add to beaten mixture and beat until well combined. Fold in chopped cashews. Drop dough by teaspoonfuls 2 inches apart onto prepared cookie sheets. Bake 8 to 10 minutes, until lightly browned. Cool on wire racks. When cool, drizzle with icing. Makes 4 dozen, 85 calories each.

HAZELNUT CHOCOLATE CRESCENTS

Cookbook author Michele Urvater gave us this recipe eight years ago.

Prep time: 30 minutes plus chilling
Baking time: 15 to 20 minutes

- 1 cup toasted hazelnuts
- 8 tablespoons sugar, divided
- 2 cups all-purpose flour
- ¼ teaspoon salt
- ¾ cup plus 2 tablespoons butter, softened
- 3 squares (3 oz.) semisweet chocolate, melted and cooled
- 2 squares (2 oz.) semisweet chocolate, melted, for decoration

Grind nuts and 2 tablespoons sugar in food processor until fine; add flour and salt and set aside.

Beat butter and 6 tablespoons sugar in large mixer bowl with mixer at medium speed until light and fluffy. Add 3 squares melted chocolate. Beat nut mixture into butter mixture. *(continued)*

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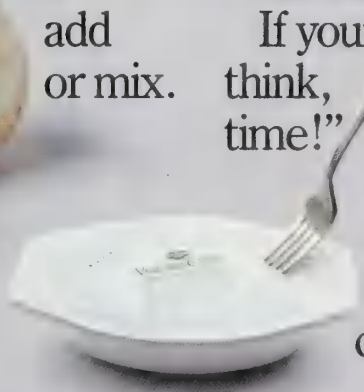
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TRAVEL JOURNAL

A ROCKY MOUNTAIN CHRISTMAS

The days of grizzled gold prospectors have long passed, but the holiday season in the Rocky Mountains still bears a certain rugged charm. Nestled at the base of 14,110-foot Pikes Peak in South Central Colorado, Colorado Springs awaits with crisp air and spectacular scenery. Mining and ranching have given way to the computer industry and a military center, but the city of three hundred seventy-five thousand remains an oasis for skiers, sightseers and anyone who yearns for the frontier spirit at its most civilized.

By late November, the venerable Broadmoor Hotel—a favorite of presidents and other appreciative guests since 1919—has invited everyone to its annual holiday spectacle. In a time-honored tradition, children join Santa in a parade around the resort's lake. And at the Air Force Academy, Colorado's main tourist draw, the Academy Chapel hosts the annual Festival of Lessons and Carols. Christmas music echoes throughout the stunning aluminum-and-steel building.

A more leisurely holiday experience unfolds at nearby Cripple Creek, where merchants adorn their stores with lights and dot the trees with bows. Once a rich mining area, it almost became a ghost town until it was rediscovered by the tourism industry some thirty years ago. Today, visitors are lured by its authentic Victorian flavor—including specialty shops, restaurants and the landmark Imperial Hotel. Lovingly restored by its owners, the latter is resplendent with antiques, period furnishings and paintings. For information, call the Colorado Springs Visitors Bureau at 800-888-4748.

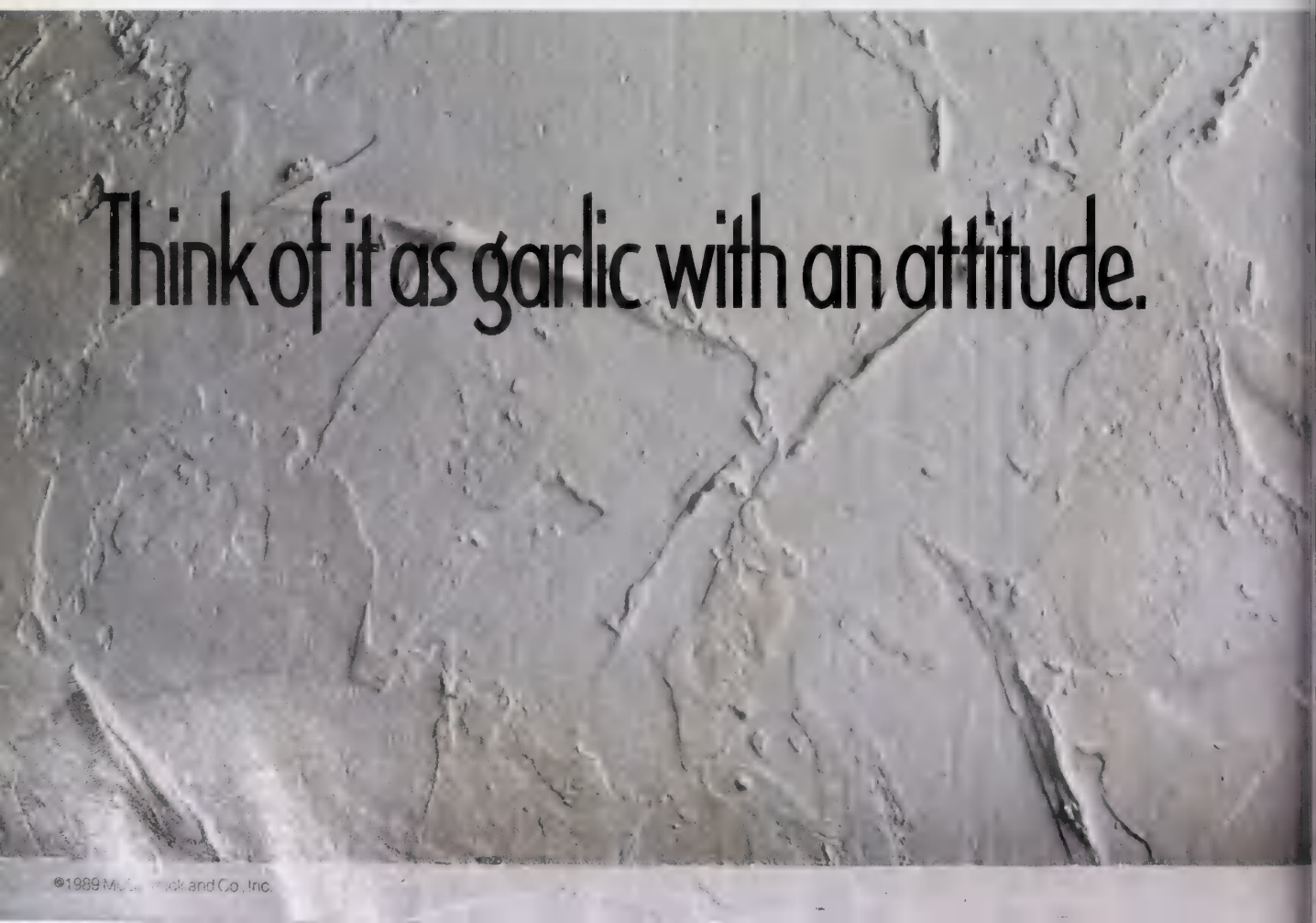
In the 1860s, when a silver strike hit Georgetown—tucked in a valley ringed by seven mountains just an hour west of Denver—it became Colorado's third-largest city and, briefly, the world's biggest silver producer. These days, Georgetown's Christmas Market has replaced silver as its claim to fame.

A smorgasbord of crafts that attracts thousands, the Market fills little Strousse Park, where browsers can wander among art glass, clothing accessories and gingerbread houses. This thirty-year tradition comes complete with the pageantry of the Swedish Santa Lucia ceremony, during which white-robed children parade throug the streets. Visitors are also treated t sleigh rides that glide past ornate Vic torian churches and homes. Call th Georgetown Historical Society at 303 674-2625 for information.

A cozy mix of small-town charm an big-city panache can be found in th village of Vail—home to America' largest ski mountain with thirty-seve hundred acres of skiable terrain Christmas in Vail may be as simple a watching the town clock tower light u each night or as elaborate as stayin in a world-class resort with nonsto gourmet meals. Indeed, the area mus be doing something right to attract for mer first couple Gerald and Betty For as semipermanent residents.

This year, the well-heeled may driv up a winding mountain road in Ec wards, just west of Beaver Creek, t the newest and most heralded of th area's resorts, the tiny Lodge at Co dillera. Situated atop a mountain ove looking the New York Range, Cordille ra's twenty-eight rooms offer unpara leled views of the Rockies in a settin fit for royalty. The resort will celebrat the holidays with sleigh rides and retelling of Dickens's *A Christma Carol*. For information on the Va Valley area, call 303-476-5601.

—SALLY FRIEDMA



TRAVEL JOURNAL

AMILY RESORTS THAT STRETCH VACATION DOLLARS

daybreak the Colorado sky ished, coloring the mountaintops d everything else a soft pink, even e deer grazing in the meadow be- nd our cabin. We rose early each rning to catch this sunrise show m our porch, savoring cool pine- ed air, the distant rush of Glacier eek and the happy accident of hav- found one of the best vacation ls around.

Our find was the YMCA of the Rock- Estes Park Center, a 1,400-acre re- t ringed by mountains near Estes rk. The grounds hold handsome ges, 220 cozy cabins set among pon- osa pines, a large indoor heated ol, tennis and volleyball courts, and bles. A pleasant dining room serves ee meals daily with homemade eads and soups; a cafeteria offers a hter menu and snack foods.

Rates range from $35 per night 33 per week) for a two-bedroom usekeeping cabin that sleeps four ensils and linens provided) to $155 per night for a four-bedroom that sleeps eight ($898 per week).

Low rates and abundant family-style amenities are hallmarks of the YMCA of the Rockies at Estes Park. This resort is open to anyone, YMCA member or not. A $5 fee is charged to nonmember families at registration. Families can also pay $50 in advance for a family package, as we did, to get member-priority mailing of reservation materials. Even so, the rates for lodging, food and activities are quite a steal.

The Estes Park Center is also charming—the lodge, originally called the Wind River Lodge, was built in 1902, and the area has served as a YMCA summer retreat since 1907. The west wing of the old lodge is preserved as a museum now, and it's full of pictures and memorabilia, depicting lodge rooms as they were at the turn of the century.

Just like at other Western family resorts, each of us was blessedly free to do whatever he or she wished. Our daughter hung out at the stables and went on daily trail rides; our son loved the activities for teens (this summer, the Teen Adventurer program will offer backpack, mountain-bike, and raft trips); my husband and I spent our days exploring Rocky Mountain National Park.

The resort is open year-round, and skiers can take advantage of the center's groomed cross-country ski trails and the nearby Ski Estes Park ski area for downhillers. For more information on Estes Park Center, call 303-586-3341.

Colorado's YMCA of the Rockies also runs another resort, Snow Mountain Ranch, within fourteen miles of the Winter Park and Mary Jane ski areas. Like Estes Park Center, Snow Mountain Ranch offers both winter and summer activities for families. Winter diversions include ice-skating, sleigh rides, an indoor pool and Jacuzzi, and sixty-five kilometers of cross-country trails (with a lighted three-kilometer loop for night skiing).

The 4500-acre ranch houses guests in lodges, cabins and campsites. During winter, rooms with full and half baths range from $23 to $44 per night; shared-bath economy rooms are less. For more information about winter and summer lodging at Snow Mountain Ranch, call 303-887-2152.

One more bit of good news for families on a budget: The YMCA operates many resorts like Snow Mountain Ranch and Estes Park Center all over the U.S. For information, call your local YMCA. —ALICE M. VOLLMAR



SHE GOT HER EYES FROM HER FATHER, HER POISE FROM HER MOTHER, AND HER SHINY COAT FROM A TROUT.

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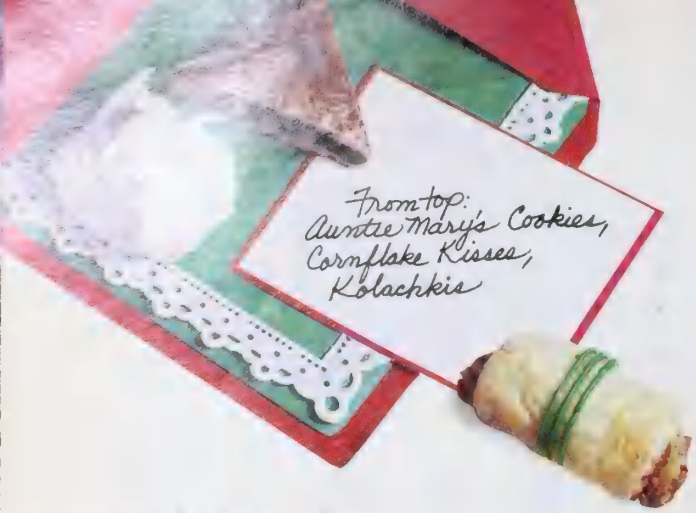
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ier to use, too.

ooking, 90's style.

We reduced everything from calories to the
mber of servings per recipe in this com-
tely updated edition. And, recipes include cholesterol counts. There are more chicken and fish recipes and leaner cuts of meat are used. We've also flagged the book's fast and easy recipes, added one-bowl baking recipes and given you microwave and grilling variations.

All-in-all, this is our best New Cook Book ever. This all-new edition went on sale August 1989 wherever books are sold. Pick up a copy for yourself or as a gift for someone you love.

Better Homes and Gardens BOOKS



(continued) Refrigerate 2 hours.

Preheat oven to 350°F. Grease 2 cookie sheets. Shape teaspoonfuls of dough into crescents. Place on cookie sheets. Bake 15 to 20 minutes. Cool on wire rack. Drizzle with 2 squares melted semisweet chocolate. Store in airtight container, preferably in refrigerator. Makes 4 dozen, 85 calories each.

TEA CAKES

These cookies are a universal favorite, also known as Mexican wedding cakes and Russian tea cakes.

Prep time: 15 minutes plus chilling
Baking time: 10 to 12 minutes per batch ○

- 1 cup butter or margarine, softened
- 1½ cups confectioners' sugar, divided
- 1 tablespoon water
- 1 teaspoon vanilla extract
- 2¼ cups sifted all-purpose flour
- ¾ cup pecans, chopped fine

Preheat oven to 400°F. Beat butter and ½ cup confectioners' sugar in large mixer bowl until light and fluffy. Add water and vanilla. Gradually add flour and nuts, beating until well mixed. Refrigerate until firm, about 30 minutes.

Roll dough into 1-inch balls. Place 1 inch apart on ungreased cookie sheets. Bake 10 minutes or until lightly brown on bottom. Cool on wire racks about 10 minutes, then roll in remaining 1 cup confectioners' sugar. When completely cool, roll again in sugar. Makes 4 dozen, 80 calories each.

AUNTIE MARY'S COOKIES

Served each Christmas in the home of our associate food editor Susan Sarao, thanks to her Aunt Mary.

Prep time: 15 minutes plus chilling
Baking time: 20 minutes per batch ◒

- ½ cup butter or margarine, softened
- 1 package (3 oz.) cream cheese, softened
- ½ cup granulated sugar
- ½ cup firmly packed brown sugar
- 1 large egg
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- ½ teaspoon baking powder
- ¼ teaspoon salt

Filling
- ⅔ cup sweetened condensed milk
- ⅔ cup (4 oz.) semisweet chocolate chips
- ½ cup chopped walnuts

confectioners' sugar

Beat butter, cream cheese and sugars in large mixer bowl until light and fluffy. Add egg and vanilla and beat until well blended. Stir in flour, baking powder and salt.

Divide dough in quarters. Wrap separately and refrigerate 2 hours or overnight.

Filling: Combine condensed milk and chocolate in medium saucepan and cook over medium heat until chocolate is melted. Remove from heat and stir in walnuts. Cool to room temperature.

Preheat oven to 350°F. Grease 2 cookie sheets. Roll each dough quarter on well floured surface into 10x6-inch rectangle. Spread one quarter of the filling lengthwise down center of each rectangle. Fold lengthwise in thirds over filling. With metal spatula, transfer rolls seam side down to cookie sheets.

Bake 20 minutes or until lightly browned. Cool on wire racks. Sprinkle each roll with confectioners' sugar and cut into 12 triangles. Makes 4 dozen, 95 calories each.

KOLACHKIS (CZECH WALNUT PASTRIES)

A prizewinner in an LHJ heritage recipe contest, this is a family recipe of reader Marcia Brown.

Prep time: 1 hour 10 minutes plus chilling
Baking time: 25 to 30 minutes per batch ◒

- 1 package (8 oz.) cream cheese
- 1 cup butter or margarine
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour

Filling
- 1 pound walnuts, ground fine
- 6 tablespoons butter or margarine, melted
- ¼ cup milk
- ½ teaspoon vanilla extract
- 6 tablespoons sugar

Decorative Icing (page 156) or confectioners' sugar

Combine cream cheese, butter or margarine and vanilla in large bowl. With pastry blender, cut in flour 1 cup at a time until dough is thoroughly mixed. Shape into ball. Wrap and refrigerate overnight.

Filling: Combine all ingredients in large bowl.

Preheat oven to 350°F. Divide dough in half; keep one half refrigerated. Sprinkle work surface with confectioners' sugar. Roll 1 dough half into 12x10-inch rectangle, adding confectioners' sugar as needed. Spread half the filling (1½ cups) evenly over dough. Cut into 2-inch squares and roll up jelly-roll fashion. Place seam side down 1 inch apart on ungreased cookie sheets.

Bake 25 to 30 minutes, until lightly browned on bottom. Repeat with remaining dough and filling. Transfer to wire racks to cool. Decorate with icing or sprinkle with confectioners' sugar. Makes 5 dozen, 130 calories each.

CORNFLAKE KISSES

This meringue recipe was first published in LHJ in the thirties. It's been requested ever since.

Prep time: 10 minutes
Baking time: 20 to 30 minutes ○

- 1 large egg white, at room temperature
- ½ cup sugar
- ½ teaspoon vanilla extract
- ¼ teaspoon salt
- 1 cup cornflakes
- ½ cup chopped walnuts

Preheat oven to 375°F. Grease 2 cookie sheets. Beat egg white in small mixer bowl with mixer at medium speed until frothy. Add sugar 2 tablespoons at a time, beating after each addition. Beat in vanilla and salt. Increase speed to high and continue beating until peaks are stiff but not dry. Fold in cornflakes and nuts. Drop by heaping teaspoonfuls onto cookie sheets.

Bake 20 to 30 minutes, until dry to the touch. Cool 10 minutes on cookie sheets, then carefully transfer to wire racks to cool completely. Makes 2 dozen, 35 calories each. ■

f You Want Soft, Chewy Chocolate Chip Cookies So Badly You Can Almost Taste It, Bite Out This Recipe and Start Baking.



The Ultimate Chocolate Chip Cookies

¾ cup Butter Flavor Crisco
1¼ cups firmly packed brown sugar
2 tbsps. milk
1 tbsp. vanilla
1 egg
1¾ cups all-purpose flour
1 tsp. salt
¾ tsp. baking soda
1 cup semi-sweet chocolate chips
1 cup pecan pieces

Heat oven to 375°F. Cream Butter Flavor Crisco, brown sugar, milk and vanilla in large bowl. Blend until creamy. Blend in egg. Combine flour, salt and baking soda. Add to creamed mixture, gradually. Stir in chocolate chips and nuts. Drop rounded *tablespoonfuls* (about 2 measuring tablespoons) of dough 3 inches apart on ungreased baking sheet. Bake at 375°F. 8 to 10 minutes for chewy cookies, 11 to 13 minutes for crisp cookies. Cool on baking sheet 2 minutes. Remove to cooling rack. Makes 3 dozen 3-inch cookies.

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— CHARLIE BROWN'S PARTY MIX —



¼ cup (½ stick) margarine or butter
1¼ teaspoons seasoned salt
4½ teaspoons Worcestershire sauce
8 cups of your favorite Chex® brand cereals (Corn, Rice and/or Wheat)
1 cup peanuts, of course!
1 cup pretzel sticks

Microwave Directions:* In large microwave-safe bowl melt margarine on HIGH 1 minute. Stir in seasoned salt and Worcestershire sauce. Gradually add cereals, nuts and pretzels, stirring until all pieces are evenly coated. Microwave on HIGH 5 to 6 minutes, stirring every 2 minutes. Spread on absorbent paper to cool. Store in airtight container.

— LUCY'S PARTY MIX —



¼ cup (½ stick) margarine or butter
⅓ cup brown sugar
2 teaspoons maple extract
8 cups of your favorite Chex® brand cereals (Corn, Rice and/or Wheat)
1 cup honey roasted cashews and peanuts (optional)

Microwave Directions:* In large microwave-safe bowl melt margarine on HIGH 30 to 45 seconds. Stir in brown sugar and maple extract. Gradually add cereals and nuts if desired, stirring until all pieces are evenly coated. Microwave on HIGH 4 to 5 minutes, stirring every 1½ minutes. Spread on waxed paper to cool. Store in airtight container.

PEANUTS Characters: © 1950, 1952 United Feature Syndicate, Inc. © 1989, Ralston Purina Company

You asked for it

Dear LHJ:

There is a delightful restaurant in Clarkston, Michigan, known as the Clarkston Cafe. They serve a chicken breast with currant sauce that can't be beat. Any chance you might get the recipe?

Pat Kopnick
Columbiaville, MI

Café society

"Your call made our day," writes owner Lee M. McNew, offering this recipe for a dress-up chicken dish you can bring to the table in less than thirty minutes.

Preheat oven to 375°F. Mix ¼ cup all-purpose flour, ½ teaspoon salt and ¼ teaspoon freshly ground pepper in bowl. Add 4 boneless, skinless chicken breasts, split and toss to coat.

Heat 2 tablespoons butter in large skillet over medium-high heat. Add half the chicken and sauté until golden brown, about 2 minutes per side. Transfer to baking sheet. Repeat with remaining chicken. Bake 10 minutes.

Meanwhile, add 1 tablespoon finely chopped shallots to drippings in skillet and cook over medium-high heat until translucent. Pour in ¼ cup creme de cassis; boil until almost evaporated. Add 1 cup chicken broth and ¼ cup currants; continue boiling until sauce is reduced to ½ cup. Remove from heat and whisk in remaining 4 tablespoons butter, 1 tablespoon at a time. Sauce should be slightly thickened. Transfer chicken to platter and spoon sauce over top. Makes 8 servings.

recipe index

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continued from page 140

driveway. We hadn't seen each other in a couple of years, but she had a serious personal problem and wanted my advice. We talked for hours, and when she finally left the house that night, Ronnie and I stood in the driveway and watched her pull away. Naturally, I was in tears.

It was shortly after that incident that Patti moved back home. This time, everything was different between us. We went shopping together, we talked for hours—it was wonderful. Suddenly I had a daughter! Unfortunately, it didn't last.

"Yes, I made mistakes with Patti. Yet, now that our public years are over, I'm hoping there is still time for us to reach some kind of understanding. A reconciliation would be a dream come true"

I had hoped that Patti's wedding, in the summer of 1984, to Paul Grilley, her yoga teacher, would signal a new, happier stage in our relationship, but that was not to be. In January 1985, she came to Ronnie's inauguration, but just for the day. Paul didn't come at all, which hurt me. He said he had to work, but it seemed to me that if you explained that you were taking a couple of days off because your father-in-law was being sworn in as President of the United States, most people would understand.

The following year we heard that Patti was writing a book. She sent us a copy when it was published in 1986, and I read it with sorrow and anger.

A few weeks after sending us her book, Patti called her brother Ron to say that she couldn't understand why she hadn't heard from us. Ron was incredulous. "What did you expect?" he said. "You've trashed us all in a terrible book. You made Mom and Dad into cartoon characters! Did you expect them to call you and tell you it's great?"

Patti hung up on him, and they haven't spoken since.

Yes, I made mistakes with Patti and with all the children. But one of the things I learned from my antidrug work is that parents are not always responsible for their children's problems. Some children are just born a certain way, and there's very little you can do about it.

Yet I remain optimistic. There is still time for us to improve our relationship, and now that our public years are over, I'm hoping Patti and I will be able to reach some kind of understanding. A reconciliation would be a dream come true.

What we're like as husband and wife

Ronnie doesn't wait until he's going away on a trip to be affectionate; sometimes he kisses me when he's only leaving the room. He says "I love you" frequently, and so do I. A reporter once told me that he was embarrassed to look at us, especially when I was meeting Ronnie's plane after a trip, because instead of a peck on the cheek, we would really kiss.

We don't often fight, but we've certainly had disagreements—especially about raising children and also money.

Fortunately, our fights don't last very long. Years ago, when we were on vacation with my parents, Mother described a pair of newlyweds she had overheard at the pool. The bride was crying, and her husband swam over to see what the problem was. "You were cool to me in the pool," she said.

Somehow that line stuck. Whenever something isn't quite right between Ronnie and me, one of us will say, "You were cool in the pool."

Ronnie takes care of me. If I'm going away for a couple of days, he'll count out the right number of vitamin pills. And after all these years, he still leaves notes on my desk saying "I love you." On Valentine's Day, my birthday or our anniversary, I'll find half a dozen cards from Ronnie waiting for me at breakfast. Often he writes at the bottom, "I.T.W.W.W.," which stands for "in the whole wide world." As in "I love you more than anything I.T.W.W.W."

About my clothes

My first inaugural gown was a beautiful white one-shouldered beaded dress made by Galanos that somehow the newspapers valued at $25,000. (That estimate seems pretty high.) In fact, Jimmy Galanos donated the dress, which was later given to the Smithsonian's collection of inaugural gowns.

Because as First Lady I needed more clothes than I did in California—far more than I could afford to buy—I borrowed outfits for specific occasions from some of my favorite designers and old friends. Borrowing designer clothes is such a widespread and accepted practice in the American fashion industry that it never occurred to me that I'd be criticized for it.

And I wonder: What would have happened if I *had* stopped borrowing dresses and had started wearing only the clothes that I could afford to buy? Before long, instead of calling me extravagant, I'm sure the press would have started referring to me as dowdy and frumpy.

On my weight

No, I am not anorexic, and I never have been. The truth is far less dramatic: Despite the fact that I always eat three meals a day and don't skip desserts, I worry constantly. Plus I'm not a big eater, and it doesn't take much to fill me up.

It may be hard to believe, but I used to be chubby. By the end of my freshman year at college, I had puffed up to 143 pounds. In addition to starchy food, we were given a tray of peanut-butter-and-jelly sandwiches at bedtime—and I used to eat about three. When I came home in June, my father said to me, "Nancy, you seem to have put on some weight."

Well, that's all it took, because a criticism from my father just mortified me. I started watching what I ate, and three years later, when I graduated, I was down to 125, which is still a lot for me. My problem now is not taking weight off but keeping it on. Currently, I am 106 pounds.

My mother and father

My mother, Edith Luckett Davis, had a profound influence on the kind of woman I turned out to be, as did her second husband, Dr. Loyal Davis, who I've always considered my true father.

Mother's career on the stage began in 1900, when she was three. She gave up her career when she married my birth father, but she was soon divorced and went back on the stage. I spent my first two years as a backstage baby until Mother brought me to Maryland to live with her sister's family. They had a warm, stable and happy household and quickly accepted me as part of the family.

I've always been annoyed at the armchair psychologists who claim that I was "abandoned" by my mother. It nearly killed her to do it, but she had to make a living, and she wanted me to enjoy a more normal childhood.

Even so, it was a painful period for

oth of us. I missed her—terribly. No matter how kindly you are treated—nd I was treated with great love—our mother is your mother, and nobody else can ever fill that role in our life.

Maybe our six-year separation is one eason I appreciated her so much and hy we never went through a period of strangement.

When my mother would visit me, it as as if Auntie Mame herself had ome to town. On one of these visits Iother told me she had fallen in love.)r. Loyal Davis was tall, handsome nd very kind, and he wanted to marry er. She would stop being an actress, nd we could both move to Chicago, here we would live together as one appy family.

The transition wasn't easy. Dr. Dais seemed formal and distant, and at rst I resented having to share my nother with him. I was jealous of their lose relationship. I remember one articularly embarrassing moment, hen the two newlyweds were sitting ogether on a couch, and I squeezed in nd forced myself between them.

My parents had a wonderful marriage, despite—or perhaps because f—their obvious differences. My father was a Republican; she was a Democrat. He was often severe; she was lways laughing.

Whenever Mother's old friends from he theater passed through town, they ould stay with us. Spencer Tracy tayed with us so often that he practically became a member of the family.

I remember a story she loved to tell.)nce, when they were in a play together, Mother had bought a new girdle. A ew minutes before the show began, he was in her dressing room and the ew girdle got stuck halfway up. She alled over to the next dressing room, nd Spence, after rushing in, started aughing.

"Dammit, Spence," she said. "Stop aughing and help me out."

"I can't," he said, pretending to truggle with the girdle. "I can't make t budge."

Mother got angry and started yelling, and finally, just before the curtain ent up, Spence gave a yank and verything fell into place.

My mother loosened up my father, ntroduced him to her friends and exposed him to the arts. He, in turn, rovided her with a security she had ever known.

My romance with Clark Gable

)ne evening Mother called me in New ork, where I was trying to earn a iving as a stage actress. I had particiated in summer stock during my vacation from Smith College and had come to New York to make my mark. My mother said, "Nancy, if you hear from a man who tells you he's Clark Gable, be sure not to say, 'Sure, and I'm Greta Garbo.' It could very well *be* Clark Gable."

I wasn't holding my breath. After the release of *Gone With the Wind*, he was the most popular actor in Hollywood, which made him just about the most glamorous and desirable man in the entire world. But he did call and invite me to dinner!

He was in New York for a week, and we went out every day and night—to baseball games during the afternoon and a play or whatever at night.

When you spend that much time with Clark Gable, people notice. There was enough in the gossip columns to prompt a call from Mother, who asked, "Nancy, what exactly is going on?"

I reported that there wasn't much to tell. But perhaps I had missed some of the signals he was sending out. He lived in Encino, and he referred to his house as a ranch. One night, he asked me, "How would you feel about living on a ranch?"

I mumbled something foolish like "Gee, I don't know, I never have." I have often looked back at that moment and wondered: Was Clark Gable sounding me out about a possible future together?

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Love at first sight

Eventually I was given a screen test and was signed on by MGM. I loved the work, although it was a lot less glamorous than most people think.

One evening in the fall of 1949, I was reading one of the Hollywood papers, when I noticed my name—*my* name—in a list of Communist sympathizers in Hollywood. When I went to Mervyn LeRoy, who was directing me in a film, he suggested a call to Ronald Reagan, president of the Screen Actors Guild. I had seen some of his pictures, and he seemed nice and good-looking—someone I thought I'd like to meet.

I said to Mervyn, "I think that would be a *very* good idea."

"Come to think of it," he said, "you two might really hit it off. I'll have Ron call you."

The next morning, Mervyn told me that he had spoken to Ronald Reagan, who had told him there were at least three other Nancy Davises in Hollywood. "If there's ever a problem," Mervyn said, "the Guild will defend you."

That was reassuring, but it wasn't exactly what I wanted to hear. So I put on a *very* unhappy face. "I'm really worried," I said. "I'd feel a lot better if Mr. Reagan explained it to me."

Late that afternoon, the phone rang. "This is Ronald Reagan. I've looked into your problem, and I *(continued)*

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ave some answers for you. Are you ee for dinner tonight?"

"Well," I stammered, "I think I could anage it."

One of the things I liked about Ronie right away, besides his good looks, as that he didn't talk only about himelf or his career. When he did talk bout himself, he was personal without being *too* personal. The whole orld knew that he had recently been ivorced from Jane Wyman, but he idn't go into details, and I wouldn't ave liked him if he had. To this day onnie has never talked about his diorce to anyone except me.

I don't know if it was exactly love at rst sight, but it was pretty close. We ad dinner together the next night. nd the night after that. And the one fter *that*. I wish I could report that we aw each other exclusively and that we ouldn't wait to get married. But Ronie had been burned in his first mariage, and he was in no hurry to make nother commitment.

For Christmas of 1951, Ronnie rought over a small tree for my apartent, and on Christmas Eve I finally ot up the courage to ask what was, for e, a very bold question: "Do you want e to wait for you?"

And he said, "Yes, I do."

Marriage was just inevitable.

We were married very simply, on March 4, 1952, at the Little Brown hurch in the Valley. We had our first hild, Patti, who was born—go ahead nd count—a bit precipitously but ery joyfully, on October 22, 1952. It asn't an easy first year, but I have ever doubted for one single instant hat Ronnie and I belonged together.

The First Lady's influence

id I ever give Ronnie advice? You bet did. I'm the one who knows him best, nd I was the only person in the White ouse who had absolutely no agenda f her own—except helping him.

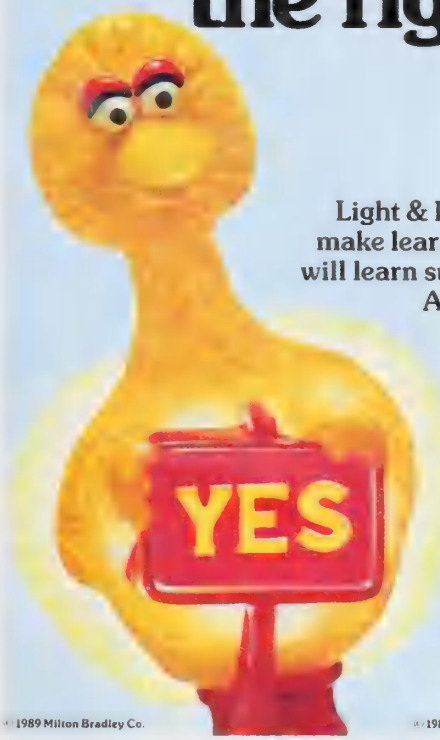
And so I make no apologies for tellng him what I thought. Just because ou're married doesn't mean you have o right to express your opinions. For ight years I was sleeping with the resident, and if that doesn't give you pecial access, I don't know what does.

So yes, I gave Ronnie my best adice, but that doesn't mean he always ook it. Ronald Reagan has a mind f his own.

Life at the White House

Whatever you wanted, there it was. If e needed a plumber, he'd be there in ve minutes. If I needed a package rapped, somebody took care of it.

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There was even a wonderful man named Johnny Muffler who would come around and wind all the clocks and set them.

Every evening, five minutes after Ronnie came home and hung up his suit, it would disappear from the closet to be pressed, cleaned or brushed. No wonder Ron used to call the White House an eight-star hotel.

Most mornings, at seven-thirty, I would push a button by the side of the bed, which rang a buzzer in the second-floor kitchen, and a minute later a White House butler would come into our room, pull open the curtains and bring us the morning papers, which we read in bed. Ronnie would start with the *Washington Post*, and as for that persistent rumor that he turned first to the comics—it's true. Might as well begin the day on a light note. Then, another butler would come in with the breakfast tray and lay it on the bed.

About a month after we came to the White House, I was surprised when the usher's office sent up a bill for our food. Nobody had told us that the President and his wife are charged for every meal. Fortunately, state dinners were paid for by the State Department.

On a typical day, Ronnie came back to the residence in the late afternoon and went right into his study. At around six, he'd do his exercises, followed by a shower in the President's bathroom, where Lyndon Johnson had installed a telephone, a very elaborate shower, bright lights and enough electrical power to run a small country.

If we weren't having company, we usually ate meat loaf, lamb chops or macaroni and cheese in Ronnie's study, sitting at tray tables as we watched the evening news, all three networks, one after another, on the White House taping system. Most nights we were in bed by ten. When I pushed the button twice, it was a signal to the usher's office that we were turning in for the night.

When we could grab such an evening alone, we did so gladly. To be on our own and relaxed was a luxury we looked forward to. Besides, we like being alone.

A most difficult year

It was in October 1987, after my annual mammogram, that the White House physician told me I had a tumor in my left breast, which was probably malignant.

He explained that there were two ways to excise the tumor. I could have a lumpectomy, which involved removing the tumor itself and a small amount of tissue. Or I could have a mastectomy, which meant removing the entire breast.

I chose the mastectomy. A lumpectomy seemed too *(continued)*

inconclusive and I knew, given my nature, that I'd be worried to death. At the time of my operation there were some people who thought I'd taken too drastic a step in choosing the mastectomy. The director of the Breast Cancer Advisory Center was quoted in *The New York Times* as saying that my decision had "set us back ten years."

I resent these statements. This is a very personal decision, one each woman must make for herself. This was my choice, and I don't believe I should have been criticized for it. For some women it would have been wrong, but for me it was right. Perhaps if I had been twenty years old and unmarried, I would have made a different decision. But I've already had my children, and I have a wonderful, understanding husband. For me a mastectomy seemed the sensible thing to do and the best way to get it all over with.

After I had the surgery, so many calls came in. Betty Ford, Happy Rockefeller, Margaret Thatcher. Then, suddenly, Patti was on the phone. I hadn't talked to her in two years. She asked me how I was feeling, then right away, she urged me to have reconstructive surgery. That seemed abrupt. I was barely out of one operation and certainly wasn't ready to go through another. I was glad she called, but afterward I couldn't help wondering if she talked about reconstructive surgery because she couldn't think of anything else to say. I longed to hear something more comforting.

A few days after I was home from the hospital, Ronnie came into the bedroom and sat down on the edge of the bed. His face was just stricken.

Finally he told me. Mother had died of a stroke.

I started to shout: "No, no," crying at the same time.

Mother had asked to be cremated, but I wanted to see her one last time. Oh, my darling little mother! No longer there to go and see.

The next morning we flew to Phoenix and went right to the mortuary. She was in her red robe, gold beads and her little red mittens. Whether it was summer or winter, in her last years she wore those mittens. I took them off. I just wanted to have them.

"I don't know if you should do that," Ronnie said.

And for one of the few times in our life together, I got mad at my husband and shouted, "Do you want me to leave them there to be burned?"

Then I really went to pieces. It seemed as if she should open her eyes and talk to me. I kept telling her I loved her and thanked her for all she had done for me.

The priest at Mother's funeral made us all laugh by telling us how he had introduced Mother to the bishop of Phoenix. He said that Mother was very formal and gave a little curtsy to the bishop. Then she turned back to him and said, "Well, aren't you and I going to kiss? We always do that when the bishop isn't here!"

Ronnie gave the eulogy, and the service lasted forty-five minutes, which was just the right length for Mother. I think she would have liked the whole thing. I hope so.

My relationship with Don Regan

Don Regan liked the word *chief*, but he never really understood that his title included the words *of staff*. He saw himself as a kind of deputy president.

And so, for example, he was the first chief of staff ever to have regular Secret Service protection. And he evidently admired the patio outside Ronnie's office, because when he had his office renovated and enlarged, a beautiful flagstone patio was put in—noticeably larger than the President's. He told me he paid for it himself, but I



arned later that the patio was paid r primarily by government funds.

After the Reykjavik summit, in October 1986, Don Regan insulted Ronie and the whole administration. Some of us," he told *The New York Times*, "are like a shovel brigade that follows a parade down Main Street."

I was furious when I read that. If that's how Don saw his job, what kind of loyalty could Ronnie expect from him on any other issue?

I wasn't the only one who felt this way. By this time I had been approached by a stream of high government officials and congressional leaders, all of whom were concerned about Donald Regan. They told me he had poor relations with both Congress and the media. That he was restricting their access to the President. That he was explosive and difficult to deal with. That he was intimidating his subordinates in the office.

I gave the same answer to everybody: "What are you telling *me* for? You ought to be telling my husband!"

Maybe some were embarrassed. But it's also difficult to talk to the President if you can't *get* to the President.

Did I talk to Ronnie about Don Regan? Absolutely. Did I pass on what I was hearing from White House officials and congressional leaders? Of course. But for a long time he just didn't take these reports seriously. I came to realize that there were two Don Regans: the one people were telling me about and the one Ronnie saw every day.

Then, in November 1986, the Don Regan problem was subsumed into a much bigger problem—Iran-contra. When Ronnie learned that money had been diverted to the contras, he was incredulous. To some extent I blamed Don Regan for what had happened. He was the chief of staff, and if he didn't know about it, he should have.

I must have dropped ten pounds over the next few months. Every day when we turned on the television, we didn't know what we were going to hear. It was crazy—I was relying on the media for information about what was going on in our own house.

But in spite of what's been said or written, I did not mastermind a plot to get rid of Don Regan. I wasn't in cahoots with anybody to bring about his downfall. I didn't have to be. By now, half of Washington wanted him out.

Early in 1987 Ronnie went into the hospital for a prostate operation. After, Don and I fought over Ronnie's recuperation period. Don was determined to schedule a press conference on Iran-contra. Ronnie was leaning against it because there was still too much we just didn't know. I was opposed to it on medical grounds, and so were the doctors. Nevertheless, Don Regan announced that Ronnie would hold a press conference. I was furious, and we had a heated argument on the phone. When it was clear I wasn't going to change his mind, I said, "Okay, have your damn press conference!"

"You bet I will!" he said. Whereupon Don Regan hung up on me.

He had hung up on me once before, after a similar argument following Ronnie's cancer surgery, but I hadn't mentioned it to Ronnie. It's quite a feeling. You're standing there holding a dead phone in your hand, and there's absolutely nothing you can do. It's infuriating. You want to shake the phone and say, "Talk to me!"

This time I told Ronnie. And finally, he started to listen. On February 24 he told me Don was leaving.

The First Lady of Russia

The first time I met Raisa Gorbachev was in Geneva. I was surprised by her appearance. She was shorter than I expected, and her hair was more reddish than it appeared on TV. (It became less red over the years.)

I didn't know what I would talk about with her, but I soon *(continued)*

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MY TURN
continued

discovered that I needn't have worried. My impression of Raisa Gorbachev is that she never stopped talking.

Or lecturing, to be more accurate. More often than not, it was on Marxism and Leninism. Once or twice, she even lectured me on the failings of the American political system. I wasn't prepared for this, and I didn't like it.

Our first tea in Geneva lasted over an hour. I offered Raisa coffee or decaffeinated almond tea, my favorite. She chose the tea and seemed to enjoy it.

The following day she invited me for tea. "Welcome," she said. "I wanted you to see what a typical Russian tea looks like." On a long table was a lovely antique samovar, and next to it was a mouth-watering array of delicacies: blinis with caviar, cabbage rolls, blueberry pie, cookies, chocolates, honey and jam. I couldn't possibly try everything; I finally had to give up. It was a beautiful spread, but if that was an ordinary Russian housewife's tea, then I'm Catherine the Great.

Two months after my breast cancer surgery, the Gorbachevs arrived for the Washington summit. Raisa and I saw each other several times, but she never once asked me how I was feeling, nor did she offer me condolences on the death of my mother. The Soviets know everything, so I can't believe she didn't know what I had just gone through. Maybe I was overly sensitive, but I don't think so.

It doesn't take much to make me nervous, so I was especially tense before my trip to Moscow for the summit there in 1988. Although Ronnie and Gorbachev had built up a good and constructive relationship, I was terrified that I might say or do the wrong thing and find myself accidentally starting World War III.

It didn't take long before the old tensions broke through. I had asked to see some of the famous icons at Tretyakov Gallery, which has the finest collection of Russian art in the world. Raisa and I were supposed to meet there and tour it together, but she arrived early. "Our guests are late," she told the press, "so I'll tell *you* about the gallery."

She then moved them upstairs and proceeded to hold a little press conference. I arrived at the gallery right on schedule to find that plans had been changed. I went upstairs, and when Raisa saw me, she turned away from the press and started to escort me into the gallery. Just then, Bill Greenwood of ABC News called out, "Mrs. Reagan, Mrs. Gorbachev has been talking with us, and we all think you should have equal time. She said there was no religious significance to the icons."

"I don't know how you can neglect the religious implications," I replied. "They're there for everybody to see."

It seems so minor in retrospect, bu the press was waiting for us to dis agree about something, and this evi dently did the trick. Our little ex change was covered in great detail.

Fortunately, there's a happy post script to my difficult relationship with Raisa. In December 1988 Gorbachev flew to New York to address the Unit ed Nations. While he and Ronnie me for lunch, Raisa and I were among the guests at a women's luncheon at the home of the wife of the secretary gen eral of the UN.

Raisa talked but this time didn't lec ture. The atmosphere was warmer than usual, and I was touched by what she told me. "I will miss you and your husband," she said. "As for the two o us, it was destiny that put us at the place we were, next to our husbands to help bring about the relationship that our two countries now have."

Our last day in the White House

Then the day finally came—the day I had both hoped for and dreaded. We ate breakfast early and went downstairs to say good-bye to the household staff in the State Dining Room. Then out to welcome the Bushes and the Quayles. Suddenly, it was time to leave for the inauguration.

After the ceremony, the Bushes and the Quayles walked down the steps with us to see us off in the helicopter.

the steps of the helicopter Ronnie ned and saluted, which caused a np in everyone's throat. When we k off, the pilots circled the White use so we could see it once more. nnie leaned over and said, "Look, r, there's our bungalow." This was lly good-bye to Washington, and ht wonderful, exciting, frustrating d sometimes frightening years.

Being First Lady has taught me so ch. Amid the exaggerated ups and vns of life at the White House, I nd out what was really important me. I learned how to serve. I grew, d I learned how, despite intense utiny and criticism, just to go on ng myself—to let Nancy be Nancy. d for this, and for so many other ngs, I'll always be grateful. ■

ncy Reagan currently lives in Cali-nia, where she has established the ncy Reagan Foundation to continue campaign against drug and alcohol use. William Novak has collaborated the best-selling books "Iacocca" and O'Neill's "Man of the House." He es in Massachusetts.

ournal Shopping Center

AUTY AND FASHION JOURNAL

ge 31: Top left—bag, Carey Adina, NY; hose, L'eggs Sheer ergy; earrings, Hans Appenzeller; cuff, Hans Appenzeller. ddle right—shoes, Bruno Magli; hose, Hanes; necklace, Yves nt Laurent. Bottom left—shoes, Perry Ellis; bag, Jill Stuart; e, Hanes; earrings and bracelet, Kenneth Jay Lane. **Page** Top left—pants, J.Crew; necklace, Miriam Haskell; rings, ns Appenzeller. Right middle—belt, Accessory Street; shoes, ud Frizon; hose, L'eggs Sheer Energy; earrings, Kenneth Jay ne. Bottom left—belt, Jill Stuart; earrings, Cynthia Rybakoff.

TURN-THE MEMOIRS OF NANCY REAGAN

ge 137: Photos, Michael Evans, except second from bottom, e Souza. All photos courtesy of the Ronald Reagan Presiden- Library. **Page 138:** Photos, clockwise from top—Michael ans, Mary Anne Fackelman-Miner, Mary Anne Fackelman-ner, Pete Souza, Michael Evans, Jack Kightlinger. All photos rtesy of the Ronald Reagan Presidential Library. **Page 139:** otos, clockwise from top—Pete Souza, Pete Souza, Mary Anne kelman-Miner, Diana Walker (*Time*), David Johnson. All otos courtesy of the Ronald Reagan Presidential Library, ex- t where noted. **Page 140:** Photos, from top—Dick Halstead, e Souza, Mary Anne Fackelman-Miner. All photos, except courtesy of the Ronald Reagan Presidential Library.

RTY DAZZLE

ges 142-143: Left—earrings, Deanna Hamro at Fred Hay-n; bracelets, Mercedes Robirosa at Fred Hayman. Right—elry, Helen Woodhall. **Pages 144-145:** Left—earrings, De-a Hamro at Fred Hayman. Right—earrings and cuff, World d Council; shoes, Stuart Weitzman for Fred Hayman; hose, d Hayman. **Pages 146-147:** Right—shoes, Hayman; hose, hna Karan.

RISTMAS EAST/CHRISTMAS WEST

ges 148-149: Eaglebrook Bed and Breakfast, Grafton, VT, rjorie and Elisha Prouty proprietors; quilts, Joan Townsend, Suzanna, 16 South Broadway, Lebannon, OH 45306, 513-2-8246; dining-room baked goods, Tim and Judy John, the ntry Store and Deli, 106 Western Avenue, Brattleboro, VT 01; antique duck decoys, Peter Pill, Grafton Gathering Place tiques, Grafton, VT. Top right—Old Tavern at Grafton, Main eet, Grafton, VT 05146, 802-843-2231; poinsettia, cyclema l wreaths donated by Grafton Village Nursery. **Pages 150-1:** Styled by Linda Humphrey, author, with Fred Albert, of *erican Design: The Northwest*. Photos by Michael Jensen ntam, Doubleday, Dell Publishing Group, 1989).

E HOLLY AND THE IVY

ges 152-153: Right—wreath made of berries, holly, ivy and e designed by Paul Bott of Twigs, 381 Bleeker Street, NYC 014; mantel garland made of same materials designed by via Greenbaum of Sylvia Floral Design. Bottom—wreath de of moss, twigs, grape vines, holly and hanging ivy designed Peter E. Stephens of J. Barry Ferguson Flowers, P.O. Box 3, Oyster Bay, NY 11771. Far left—hanging-ball mistletoe de of boxwood, red berries and hanging ivy designed by Sura of Sura Kayla Soho, 484 Broome Street, NYC 10013, 212-8757. Top left—garland on stairs made of holly, red and low berries, and ivy designed by Peter E. Stephens of J. Barry guson Flowers.

CK THE HALLS WITH COOKIE HOUSES

ges 154-155: Inset, left center—china, "Winter Game ds," Chase Ltd., 19 Danbury Rd., Ridgefield, CT 06877; table- and napkins, Le Jacquard Français. Right—gift wrapping, llmark.

LIA CHILD'S CHRISTMAS EVE

ges 162-163: Left inset—platter, Villeroy & Boch, "Petite ur" pattern. Right—platter, carving-set plates, tablecloth, o Giallo Antiques, 966 Madison Ave., NYC 10021.

ges 166-169: Plate with fish quenelles, Vito Giallo An-ues; salad bowl, sherbet compotes, Pottery Barn, 231 Tenth ., NYC 10011.

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(E)	Total distribution (sum of C & D)	5,178,775
(F)	Copies not distributed	
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LAST LAUGHS

Out of the mouths of babes

While our five-year-old granddaughter was checking off toys she wanted in a mail-order catalog, my husband explained to her that Christmas wasn't just for receiving but also for giving. "I know, Grampy," Andrea said. "I'm giving you my list!" —*Mrs. George DiVenuti, Burlington, VT*

After visiting her grandmother one afternoon, our four-year-old returned home for dinner. When I asked her what they had done besides the usual cookie baking, she replied, "Oh, we watched Grandma's favorite soap opera, *The Young and the Rest of Us.*" —*Kathy Nanney, Leopold, MO*

As I was attempting to explain to the four-year-old boy I sit for how the three wise men gave baby Jesus gold, frankincense and myrrh, he asked, "What would a baby want with that stuff?" —*Dorothy DeDee, Kalamazoo, MI*



"HOW COME YOU'RE NOT IN THE YELLOW PAGES?"

PEACE ON EARTH, BUT NO PARKING *By Dave Barry*

Once again we find ourselves enmeshed in the holiday season, that very special time of year when we join with our loved ones in sharing centuries-old traditions such as trying to find a parking space at the mall. We traditionally do this in my family by driving around the parking lot until we see a shopper emerge from the mall, then we follow her, in very much the same spirit as the three wise men, who two thousand years ago followed a star, week after week, until it led them to a parking place.

We try to keep our bumper about four inches from the shopper's calves, to let the other circling cars know that she belongs to us. We follow her closely, hunched over the steering wheel, whistling "It's Beginning to Look a Lot Like Christmas" through our teeth, until we arrive at her car, which is usually parked several time zones away. Sometimes our shopper tries to indicate that she was merely planning to drop off some packages and go back to shopping, but when she hears our engine rev in a festive fashion and sees the holiday gleam in our eyes, she realizes she'd never make it.

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